I-RECOVERY KERNEL

Umlando wokuhamba ophathelene nezinto ezithile.

UNGAKUKEPHASA KANJANI UKULIMAZA OKUQHAMUKILE KUMEDISEYINI EBANDLALELWA YIZINTO EZIHLANGANISWE NABENZODIAZEPINI?

* **Qaphela ukuthi ukukhipha izinto ezibandlalelwa nabenzodiazepini kungaba yindlela eyisimbi futhi kufanele kwenziwe ngaphansi kokunakekelo lwendokotela.**
* **Landela iziyalo zendokotela ngokucophelela mayelana nokunciphisa izingosi.**
* **Ukwakudla okunempilo, ukuphumula okwanele kanye nozinsimbi kungasiza ekulimazeni.**
* **Uma udlala ukuba ushadile, xhumana nomuntu othembekile noma uhlanganyele kwiqembu lokuxhasa.**
* **Ukwelulekwa: Ukuthola usizo lwezokwelapha akungalona ukwesaba.**

Ukusebenzisa i-Recovery Kernel Framework.

Xanax · Valium · Klonopin · Ativan · Librium · Restoril · Ambien · Lunesta · Pregabalin · Gabapentin

⚠ UMTHOMBO WOKUNCIPHISA UBULIMAZI - AKUYONALO UKWELAPHO LWEMIDLALO | Ngokungathi ngephutha: shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 noma uthume umbhalo ku-SADAG: 0800 567 567.

UKUQHUSHULWA KWE-BENZODIAZEPINE NANGEMPELA KUNGABUBHADULA. UNGAHLELI UKUYAYEKISA NGOKUQINILE.

Yonke inqubo yokunciphisa idosi kufanele ihlolwe udokotela. Leli khayifu lisekela le nqubo, kodwa alikhambi yona.

Isigcebhe ngaphambi kokuba uqale.

Lo mdlalo uyahlukile kulezinye ezisemqokehlweni, ngendlela esiyinhloko: abaningi abafundi balo akhethile ukuba nokuphazamiseka kwezinto eziyindlela yezinongo (benzodiazepines).

Bayaniswe ngomuthi. Ngokukhathazeka. Ukulala. Ngenxa yokungqubuzana egciwane esibhedlela. Ngenxa yokuphunga kwengemuva. Ngenxa yempilo yangemva komcimbi oyingozi. Bathathe imithi njengoba udokotela wabo bayelulekile, futhi ezinyangeni noma ezinyangeni - ngeminye izikhathi ngokushesha kakhulu - ingqondo yabo yazivumelanisa nayo. Ama-GABA-A receptors ahlehlisiwe. Uhlelo lokuthula lwendalo luyamdlala. Imithi ayisebenzi njengoba yayisebenza. Idosi iyandiswa. Futhi ngaphakathi kwalokho kusukela, ngaphandle kwesikhathi esincane senqubo eqinile, ukuthemba okomzimba kudaleleke.

Leli gama elikulo mbhalo kubiza lokhu ngokugwema okubangelwa ukwelashwa: lapho ukwelashwa kuyinto ephazamisa. Akuyona into yokwephulwa kwemithetho, ngqo. Nakuba kungakhathazeka, akuyona into yokungabi nalwazi, ngqo. Kuyimbangela yobunzulu bomhlaba obalulekile wezindlela zokwelashula ezivunyelwe ukusetshenziswa izinsuku ezingu-6 kuya kweziyi-12, kodwa emva kwalokho zisetshenziselwa abantu abayizigidi ngaphandle kokuxoxwa ngokuyekeza lokho kusebenza.

Lo mbuyiselo awufuni ukuthi uzizwe ungenxa yokuthemba kwakho. Awufuni ukuthi uziqambe ngokuthi ungumhlambi uma leli gama alihambisi nakuba yini okuhlangenwe ngayo. Ufuna nje ukuthi uqonde ubungcweti bomzimba bokwenzekile—kakhulu ukuze usize ekulungenisweni ngenqubangobozi elidingekayo.

Ukwehlisa kancane uthole izinto ezithile (benzo taper) kuyindlela ende kunazo zonke yokululama futhi idinga ukubekezela okukhulu kulolu hambo lokululama. Abanye abantu bayihlala iminyaka eyodwa kuya kwezintathu. Uhlelo lwe-GABA-A

lobuchopho lubuyela esimweni sayo esivamile kancane kancane. Akukho ndlela yokusheshisa lokhu ngendlela evikelekile; noma yiluphi olunye uhlaka luzodala ingozi noma ubuhlungu. Incwadi ye-Centurian Paper 22 ekhontekisini leli elikuyinto "isivalo esiqinile" - ukuthemba kungaphakathi kwezinsuku ezimbalwa, kodwa ukululama kuthatha izinyanga kuya eminyakeni.

Lo mdlalo ulakhiwe kulolu daba. Ubonisa ngobunye iqiniso mayelana nesikhathi esidingayo. Unikeza wonke amathuluzi okuxhasa omzimba atolulekile. Futhi uqhubeka nokuba nomxholo ofanayo njengomfundi: ukuthi ukuphulukiswa kungenzeka. Ingqondo iyaphefumula. Ukukhuluphala ekwakuke kwaba khona ngaphambi kwe-benzodiazepine - ukukhuluphala okuyilokho okubekwe yileleli - kungalawulwa ngezindlela engqondo ezidlale kuyo kungezezindlela ezihlinzekwa yiphathiyari.

Funda Ingxenye 0 ngaphambi kokunye.

Isigaba 0 — Ukuphepha Okubukhoma: Funda Lokhu Kuqala.

⚠ UKUQEDELWA KWEZINTOFONONO ZOKULALA (BENZODIAZEPINES) KUNGADALA IZIMPAKATELO NEZU. LOKHU KUHLANGANISA PHAKATHI KWEZINTO EZIYINGXUBANE KUNYE NOKUQEDELWA KWEMITHA OKUNGABANGELA UKUFELA NGOKUQHUBEKA. UNGAHLELI UKUQEDA UKUTHO NGAPHANDLE KOKULUNGISILELWA, NOMA YINI. AKUKHO EKUPHEZULU.

Abanye abantu akumele bayeke ukutshala izinto ngaphandle kokuboniswa udokotela.

I-CENTURION — Umugqa Ubonakala Kalula — Wonke umuntu osebenzisa izidakamizwa zokulala ngokuphumelelayo.

Uma ubelokhu uthatha noma yikuphi okuthiwa yi-benzodiazepine - ngaphandle kokubhizwa noma cha - kanokusho izinsuku ezimbili ukuya kwezine, ukuyeka ngendlela engenamsebenzi kungenza ugatshelwe. Lokhu akuyona into engavamile. Kuyimbangela elandelwayo yobungcweti bomdlalo we-GABA-A receptor. Lezikhambi zihlanganisa abantu abalandeli:

- Noma ngubani osebenzisa imidakazelo yezinongo nsuku zonke iminyaka emi-ne.
- Noma ngubani osetshenziswa izindlela ezinkulu zokwelapha—i-alprazolam engaphezu kuka-2mg ngosuku, i-diazepam engaphezu kuka-20mg ngosuku, noma i-clonazepam engaphezu kuka-2mg ngosuku, noma izindlela ezifanayo.
- Noma ngubani ohlanganisa ama-benzodiazepine ne-alcohol, ama-opioids, noma i-GHB.
- Noma ngubani onomlando wezimpungushe.
- Noma ngubani onobungcweti obukhulu be-GABRA2 (uma kubonakala).
- Noma ngubani othole izimpawu ezinkulu ngemva kokuzama ukunciphisa noma ekuyekeni.

Indlela efanele kubo bonke abantu abalwa kanje: ukunciphisa kancane ngaphansi kokulawulwa kwezokudokotela. Akuyona imizamo yobuqotho. Akuyona ukuyeka ngokushesha. Akuyona 'ukugcina nje.' Ukunciphisa kancane. Incwadi iyacaca: kulolu hlangothi kuphela lapho ukulawulwa kwezokudokotela kubalulekile futhi akunakwenyuka.

Uma ukhona kuleli khadi lokugula njengamanje.

⚠ UBUHLOBO BOKUGULA OKUYINGXABA KWE-WITHDRAWAL YAMA-BENZODIAZEPINES: SHAYELA I-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 NOMA UYOVULELA EZINHLANGANISENI ZOKUNAKEKELWA KWEMIDLALO NGASHESHA LOKUPHUMA KULANDELAYO:

- Ukungcwaba - noma yiluphi ukugulukiswa okungenalutho, ukulahlekelwa kwengcebo, noma ukuhlaziywa ngemuva kokuyeka noma ukunciphisa.
- Ukuhlazwa okukhulu noma ukulahlekelwa kwengqondo - ukungazi ukuthi uphi noma yini ethintayo.
- Ukubona, ukuzwa, noma ukuzizwa izinto ezingekho.
- Ukungcwaba okukhulu futhi okungalawulekile kanye nobulaza ngogazi.
- Ushisa obukhulu oluhambisana nezimpawu ezichaziwe ngenhla.

Izimpawu ezincane kakhulu zokwehliswa — ukukhathazeka okwandisiwe, ukungakwazi ukulala, ukuba nesizungu, ukuvuvukala kwamathambo, ubuhlungu bekhanda, ukuphunga— ziyangabangela ukungalaleli futhi ziyingozi, kodwa ngokuvamile azibanaki kakhulu. Zibonisa ukuthi ukunciphiswa kwedosi kuya ngokushesha kakhulu noma ukwehliselwa kwezindlela bekukhulu kakhulu. Xhumana nodokotela wakho, hhayi u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112, uma unazo lezi zimpawu.

Ukuphendula Okusheshayo Kokunciphisa Umthelela Okhona.

Uma usukile ngokushesha futhi uzwa izimpawu zokwehliswa: ungandishiqali ngaphandle kokuxhaswe odokotela. Xhumana nodokotela wakho, yiya eklinikini yangempelasonto, noma uye esibhedlela. Tshelapha: 'Nguyezele ukusebenzisa izidakamizwa ze-benzodiazepine futhi ngiyaziwa izimpawu zokwehliswa.' Bangakwenza ukuthi uqale ngendlela ephephile bese kuqala ukuphansi okugcinwe.

Uma udokotela wakho wehlisa izimpawu zakho zokuphazamiseka noma enyusa ukungakwazi ukukusiza ekwenzeni ukucekelwa kancane, unelungelo lokuthola umbono wesibili. Udokotela ochwepheshe kwezokwelapha kokuzithinta noma ugqirha onobuchwepheshe bokwelapha izinkinga ezihilelekile kufanele abe ngumeluleki ofanele. Incwadi (compendium) yePhrothokhili 13 (Ingxoxo Nodokotela) inikeza indlela yokuzimisele ukuthola ukunakekelwa okufanele.

Isectioni 1 — Yini okwenzile ama-Benzodiazepine ebuchosheni bakho.

I-CENTURION - Idiski Lokufundwa elalengenzelwanga ukuthi kukhishwa.

I-Recovery Kernel Compendium iyasetshenzisa ukulinganiso olucacile mayelana nokuthi ama-benzodiazepine ayenziwe kanjani: ngamafomu efeni yokwenza ushintsho lwemuva. Uma uhlelo lokusebenza lulimale—uma ukukhathazeka, ukuphazamiseka, ukuthemba okungamanga, noma ukungalali kububele kakhulu—ifeni yokwenza ushintsho lwemuva yenza uhlelo lube lula ngokwanele ukuze zenzeke izilungiselelo ezibalulekile. Emva kwalokho, iyasuswa. Uhlelo lokusebenza lwengxenye yangempela luqhutshisa umshini.

Kubantu abayizigidi abathwetshulwe ngama-benzodiazepine, okwenzekile ukuthi i-"boot disk" ayiphakanyiswanga. Ukwehla kwayo akuhlelelwa. Uhlelo lokuyeka akuxoxwe. Futhi ezinyangeni nezinyanga, ingqondo ihlala ishintsha ngokungenantshisekelo ngoba ukuba khona kwale "boot disk" - ngoba yilokho okwenza amabhulali. Bahlela ukuzivumela emithweni yabo yakamuva.

Akuyona ingxenye yempilo yomuntu ngamunye. Yinguqulelo yobungqimba be-GABA-A.

I-Benzodiazepine isebenza kanjani—futhi zidlala indima kungani ekudlaliseni ukuthemba?

Inkambiso.	Imiphumela esheshayo.	Imiphumela engaguquki.
Ukuhlomisa kwe-receptor ye-GABA-A ngokwengezwa okuhle.	I-benzodiazepine ibandakanya endaweni ethile ku-receptor ye-GABA-A, okwandisa umthelela we-GABA—yenza ukuthi i-receptor iphendule ngokuqinile kune-GABA kunalokho engabe yenzeka uma ingenawo. Isignali yokuvimbela eyinhloko yengqondo iyathuthuka kakhulu. Ukukhathazeka kuyancipha. Izimo zama. Ukulala kuza. Ingqondo ebhaleleka iyayekwa.	Ingqondo yenza ukulungiswa ngokunciphisa inani lamarekhitha e-GABA-A kanye nokuzwela kwayo, ngakho yehlisa umphumela wohlelo olukhulu kakhulu. Lena iyindlela yokuba khona kokutolera kanye nokuxhumana. Yeka ukusetshenziswa kwe-benzodiazepine: manje uhlelo lwe-GABA lusebenza ngaphansi kwesimo esijwayelekile. Uhlelo lokulawula luyacaphazalwa. Uhlelo olukhuthazayo lwe-glutamate luyakhula ngaphandle kokulawulwa.
Ukulungiswa kweziteshi zama-chloride.	Ukusebenza kwe-GABA-A kuvula iziteshi ze-chloride—ama-ion angamaphasi ayandlaza ngaphakathi	Ukukhuliswa kakhulu kweziteshi zama-chloride kubanga ekugxileni kwengqondo okuthi,

	kwerabha, okwenze kubebunzima ukuthi irabha iqalise ukwenza umsebenzi. I-benzodiazepine yandisa inani lezikhathi ezivulwa kuzo iziteshi ze-chloride, futhi lokhu kwanda kunomthelela omkhulu kuyo yonke inkqubo yezimbazo.	ngaphandle kwemithi, kuyindlela ekhudlwana kakhulu. Konke kungakhulu kakhulu, kusheshayo kakhulu, futhi kunokuba nomngudu kakhulu. Ukulala akunakwenzeka. Inhliziyo iyashaywa ngokushesha. Izicubu azikwazi ukukhululeka. Lena akuyona ukukhathazeka njengesimo engqondweni—kuyindlela yokugxilisa ngokomzimba ngenxa yokuphansi kakhulu kwezikhathi zama-GABA-A.
Ukulimaza inkumbulo ehlanganisiwe (hippocampal).	I-benzodiazepine ikwephule umsebenzi we-hippocampus—yanciphisa ukubhala kwezigcawu ezintsha. Kungakho zasetshenziswa ekwelapheni okuyisibonelo (ngeke ukhumbule inqubo). Futhi kungakho abasebenzisi abade ngokwezikhathi banobunzulu obuyi-'benzo fog'—ukuncipha kobufakazi bokucinga kanye nomuzwa.	Imiphumela engokwezempilo yengqondo esikhathini eside yokusetshenziswa kwe-benzodiazepine iyiqiniso: ukusebenza ngokushesha, inkumbulo yesikhashana, kanye namandla okubona nokuhlela bonke abonisa ukuphazamiseka okunokutholwa ngokulinganiselwe ngenxa yokusetshenziswa okuqhubekayo. Ezinye zaleli phazamiso liyakhoma izinyanga ngemuva kokuyeka ukusetshenziswa njengoba ubuchwepheshe bokuzwelana yengqondo buyabuyela esimweni esifanele. Izinhlelo zokuvuselela ingqondo kanye nemisebenzi ekhuthaza i-BDNF (ukuphimiswa, ukufunda) kusiza kakhulu kulolu buyiselo.
Ukucindezelwa kwe-HPA axis.	I-benzodiazepine yehlisa i-cortisol kanye nomphumela wengcindezi we-HPA. Ukukhathazeka kungumqondo ongenantambo ehlanganiswe nge-cortisol—ukucindezela umzila we-HPA kunikeza ukuphulukiswa kwengcindezi okungokoqobo ngaphandle womthelela oqondile we-GABA.	Ukubuyela kwesikhathi esincane se-HPA emva kokuphumelwa kwezinto ezithile ezingenzi umuntu angenele (benzodiazepines) kudala ukunyuka okukhulu kwe-cortisol, okuholela ekungculeni, ekugqamlweni ngokweqile, kanye nezimpawu zombili zezindlela zokulimaza. Ukuphendula kokucindezela okubilwe ngamakhithi iminyaka eminingi buphuma ngaphandle kwento eyivimbayo.

Iklasi ye-Benzodiazepine - Uhla Oluqophelele.

I-CENTURION - Ubude besikhathi bunokuba yonke into ekuhlelweni kokululama kwe-benzo.

Ububanzi obukhulu kakhulu ezinkingeni zokuthemba kanye nokususwa kwezinto ezingeziwe (benzodiazepines) yithuba lokuhlala. Izinto ezingeziwe ezinezikhathi ezimfushane zithinta ngokushesha futhi zibangela ukususwa okunzulu kakhulu. Izinto ezingeziwe ezinezikhathi ezinde ziba nomthelela ophusile kodwa zibanxa isikhathi eside. Le mikhawulo inquma uhlelo lokunciphisa kancane umthuli (taper strategy).

Imithi.	**Ukuhlala impilo.**	**Imiphumela ayacutshungulwa futhi kungathola kala ukuthi i-Potency inamandla afanayo ne-diazepam.**	**Imininingwane ekhuthazwayo mayelana nokululama:** *** Ungathola ukwesekwa ezikhungweni zokwelapha kanye nezinhlelo zokulima.** *** Ungaxhumana nomuntu otholakalayo ukuze uthole usizo.** *** Ungenza izinqubo zokulima eziyintsha ukuze uqiniseke ukuthi uyakwazi ukulula.** *** Ungathola imininingwane mayelana ne-Naloxone ku-findahelpline.com.** *** Ungathola imininingwane mayelana ne-COMT, i-DRD2 kanye ne-MTHFR ku-findahelpline.com.** *** Ungathola uhlelo lokulima oluyisixhumanisi ku-findahelpline.com.**
Alprazolam (Xanax)	6-27 amahora (okufushane)	10x kukhulu	Enye yezindlela ezinkulu zokwelapheka kwezinkinga zobuhlungu kanye nokulala, kodwa kungunzima ukuyeka ngoba inempilo emfushane futhi inamandla amakhulu. Ukwehliswa phakathi kwamadosi (ukwehliswa phakathi kwamadosi) yinto ejwayelekile eholela ekwandiseni idosi - abantu bazizwa bephithizelwa ngaphambi kodose elandelayo futhi bayibheka njengokukhathazeka okudinga ukwelashwa. Kunconywe kakhulu ukuthi uqale ngokunciphisa kancane idosi yalesi klayenti bese uyitshintsha nge-diazepam ngaphambi kokuyeka ngokuphelele.
Lorazepam (Ativan)	10–20 amahora (mfushane-	5 izikhathi esinye.	Ukuba nenqubo yokulahlekelwa phakathi kwezindlela ngokushesha kakhulu, okubangela ukwehla

	phakathi).		kwamandla phakathi kwezindlela ezimbili ngosuku. Kujwayelekile ukuthi kusetshenziswe ezikhumulweni zokwelapha ukuze kuncishiswe ukukhathazeka okudlule, kodwa kungadala ukuthemba, ngisho nakanti uma kusetshenziswa esikhumuleni. Kunconywa ukuguqula kancane ku-diazepam uma ukuyekisa kwakho kuzogcina amasonto ambalwa.
Clonazepam (Klonopin)	18–50 amahora (phakathi kuka futhi ende).	20x kakhulu	Ukukhulu kwamandla ka-clonazepam kusho ukuthi ngisho nezindlela ezincane zokunciphisa zisondela kakhulu ekuguquleni kwe-GABA-A. Ubude bomhlalaphansi buhlinzeka ngokungcoswa okuthile ekulahlekelweni phakathi kwamadosi, kodwa kwenza ukunciphisa amadosi kube nzima kakhulu. Abanye ochwepheshe bunciphisa u-clonazepam ngokuqondile; abanye basebenzisa indlela yokunciphisa esetshenziswa ngokuhambisana ne-diazepam.
Diazepam (Valium)	Ihora ezingu-20 kuya kwezingu-100 (ude).	Izinga lokubalwa (1x).	Uhlelo lwe-Ashton lubhetha ukusebenzisa leli klayenti lokunciphisa izesithi. Ukuba nempilo ende kukhulisa amazinga egazi ahle, okuvimbela ukuphakama nezindlebe ezingaba umdlandla phakathi kwezikhathi zokusetshenziswa, okubangela ukungakhululeki. Izinto ezisebenzayo (desmethyldiazepam, impilo ende imizuzu engu-36–200) yenza ukuthi kube lula kakhulu. Uma unciphisa ezinye izithi, ukuqala ngokunciphiswa kwezithi ezifana ne-diazepam kuyindlela enhle kakhulu.
Chlordiazepoxide (Librium)	Amahora angu-24–48 (isikhathi eside).	0.25x (amandla amancane)	Kusetshenziswa njalo ekuhlanzeni kokuphuza ukudakwa ngoba kunempumelelo elingaphezulu kanye nomthelela obuthule. Kusetshenziswe futhi ekulungiseni ukuthi umuntu wehlise kancane uthole izidakamizwa ezithile uma i-diazepam ingatholakali. Ukubaluleka kwalo okuncane kusho ukuthi kufanele kubalwe ngokucophelela izinga lokutshalwa.
Temazepam (Restoril)	8-22 amahora (okufushane)	1x	Kuyasetshenziswa kakhulu ekulaliseni—ingxenye emibi yalesi simo ukuthi le mediseki isetshenziselwa ukulala, kodwa uma iyekiswa, idinga ukuba umuntu alale, okwenza ukuthi ubuye

			asetshe izindlela zokwelapha. Qala kancane ukuyeka le mediseki futhi usebenzise ngempela amasu okulala.
Z-dwağı (zolpidem / Ambien, eszopiclone / Lunesta, zaleplon / Sonata).	Amahora angu-2-8 (kancane kakhulu).	Variable — ekhakha elikhethekile kwe-GABA-A	Akuyona imidakazelo, kodwa isebenza ngefomula efanayo ye-GABA-A futhi idala ukuthemba okufanayo kanye nesimo sokunqamuka. Kabanzi kakhulu abathwebulwe njengezindlela zokulala "ezingadali ukuthemba" - into ekugxileni kwemininingwane engakuhambisani nayo. Izimiso ezifanayo zokuphakamisa izingodo zisetshenziswa. Ukudluliselwa ku-diazepam kuye kwanele ezinkingeni ezinkulu zokuthemba.
Pregabalin (Lyrica) / Gabapentin (Neurontin)	Ok.	I-GABA ehlobene - indlela yokusebenza ehlukile.	I-gabapentinoids ifakiwe lapha ngoba zivamise ukunikezwa kanye nebenzo, futhi zisetshenziswa njengezokuyikhazi noma ukunciphisa kancane ukusetshenziswa kwebenzo odokotela abanento enhle, futhi zinomthelela okhulayo ekutheni kube nokuxatshazwa kokungathathi hlangothi kanye nokukhipha umuthi. Azona izinto ezithinta i-GABA-A, kodwa zisebenza kuma-calcium channels agxile kukagesi futhi zinomthelela we-GABAergic. Ukwehlukana kwazo kungokwenyanga futhi kungaba nzulu kakhulu uma kusetshenziswa ngezindlela ezinkulu. Kudingeka ukunciphisa kancane; ukucekelwa ngokushesha komuthi i-gabapentin noma i-pregabalin ngenani elikhulu kungaholela ekugqobhozweni.

I-Wondi Ekhishwe Ngokungabufanele—Ingxenye Eyenza Ukululama Kwebinzodiazepini Kuhlukile.

I-CENTURION - Igumbi laliboLwazi belokuthi yayiyimikhakha, kodwa yayisigcwele.

Iphepha lesiC-34 le-"Compendium" ye-"Recovery Kernel" liyalungisa lokho okuthiwa yi-"iatrogenic wound": umonakalo owenziwe ngempumelelo yezokwelapha. Ukuntshontsha umuntu owayenalo kusukela kwi-prescription yangobukhulu bezengcwala ngo-1998. Ukulahlekelwa amandla okucabanga okuyikhambi eliyingozi labantu abambalwa abayelashwe ngama-benzodiazepines iminyaka. Ukukhathazeka okwayekho ngaphambi kwe-prescription — futhi kunzima kakhulu ngemuva kwayo kunakuze kube manje, ngenxa yohlelo lwe-GABA oluzame ukulawula lokhu okuxakeke, kodwa manje selulahlekile.

Ukuthemba kwe-benzodiazepine okubangelwe ukwathiwa kuyanele ngodokotela kubanga isizulu esithile esingabonakali ekuthembeni kwezinto ezingafanele:

ukuhlazwa ngokuthi ulandelelelele imiyalelo yezokwelapha futhi ugcine usendaweni engcono kunale eyayikhona ngaphambilini. Abaningi abantu abanokulethemba kwe-benzodiazepine okubangelwe izindlela zokwelapha bazizwa bengasetshenziswa—ngodokotela, uhlelo lwezokwelapha, kanye nomuthi ngokwabo.

I-Recovery Kernel ayikufaki umthetho wokuthi udlulele ngalolo mzwa ngaphambi kokuqala ukululama. Umathela nje ukuthi ufake ingqalelo yakho kubiولوجiya. Ukucwasa kuyiqiniso. Ukugxekezwa kuyiqiniso. Ukululama nakho kuyiqiniso, futhi kuya ngokuhlelweni kwezengqondo ngaphandle kokuthi ukuthemba kwakini kukhulu kangakanani.

Lokho okushintsha kakhulu mayelana nezinkinga ezingahle zivikelelwe yimithi: ukukhathazeka okubekwe ngohlamvu lwemithi (benzodiazepine) bekuyiqiniso ngaphambi kokutholwa kwemithi futhi kungaba mkhulu kakhulu ngemuva kokuyekeza. Ukululama kufanele kubhekane nokukhathazeka okuyisibili njengobungo kanye nalokho okuyinkinga yezokwelapha ngokwayo—hhayi njengesici esiphutha noma uphawu lokuthi ukuziphumisa akusebenzi, kodwa njengengxenye yesenzo eliqobo lempilo eyayikhona futhi yayihloswe ukulungiswa ngohlamvu.

Izingxenye ezingu-2 - Uhlelo Lwakho Lobungane.

Iphrofayili yegenesi yokuxhumane kwe-benzodiazepine ihambisana kakhulu nephrofayili yokululama kukagesi—i-GABRA2 iyigini eliyinhloko—kodwa enezongezelelo ezibalulekile ezifanele kakhulu endabeni yezindlela zokwelapha. Ukuzuza iphrofayili yakho kubenza ukuthi uhlelelwe ngendlela efanele, okuhlanganisa izindlela zokunciphisa ushintshi, imikhiqizo yokuxhasa umzimba, kanye nezindlela zokuphatha ukukhathazeka ezizobiza impumelelo kakhulu ngenxa yempilo yakho.

Iphaneli Yokuhlolwa kwe-DNA yokuphulukiswa kukaBenzodiazepine.

I-gene.	Yilokhu elawulayo.	Ukuguquka okuyinhloko.	Ukubuyela esimweni esijwayelekile ngemuva kokusebenzisa izidakamizwa ze-benzodiazepine.
GABRA2	I-receptor ye-GABA-A, iyunithi eyi-alpha-2 — ukuthinelwa okuyisisekelo.	rs279858 / rs279845: i-haplotype enobungozi.	Ukukhishwa okuyinhloko kwezinto zombili ezingokwakhe ezibangela ukuthemba kwezigebentizayini. Abantu abanezinkinga ze-GABRA2 banenani eliphansi le-GABA, okungumkhuba womzimba wengqondo - uhlelo lokulawula lwegqi lwesikhathi eside. Izigebenzitizayini zenza kakhulu ukwenza lolu hlelo oluncane lusebenze kahle. Ukululama kwabantu abanezinkinga ze-GABRA2: ukuphakama okubambezelekile kwe-GABA-A, izimpumulo ezibukhali kakhulu, isikhathi eside sokunciphisa ukuthemba, kanye nezindlela zemvelo zokuthuthukisa i-GABA ezingaba yinkinga. Labo bantu nabo bayobamba inala elikhulu lokugula ngamaphuzu ngesikhathi sokulahlekelwa.
CYP2C19	Umshini oyinhloko oguqula i-diazepam (i-Valium) kanye nezinye izinto eziningi ze-benzodiazepine.	Umuntu onamandla okushintsha izinto emzimbeni ahlukahlukene: ongashintshi kancane,	UBALULEKE KANYE KANYE UKUPHEPHA KWOKULIMAZA ITHEKILEJI. Abantu abangcono kakhulu ekuguquleni kwe-CYP2C19 bagcina amazinga aphakeme kakhulu e-diazepam kwi-plasma kunalokho okulindelelwe ngamathuba ajwayelekile — ukulimazwa kwe-

		ongashintsha ngokulingana, ongashintsha kakhulu, noma ongashintsha ngokushesha kakhulu.	diazepam ngephrothokhili ye-Ashton kudala amazinga emithi angu-3–5x aphezulu kubantu abangcono kakhulu kunabanguvamile. Lokhu kungaholela ekudlaleni okugqamile, ukuwa, ukucindezelwa kokuphefumula, kanye nokukhululeka okungaqashelwe. Abantu abaguqulela ngokushesha kakhulu bangase bathathe izingozi futhi bazizwe benyuka ngemithatha ngamathuba afanele. Yazi ukuthi ungubani ohlobonolwabo lwe-CYP2C19 ngaphambi kokulimaza i-diazepam.
CYP3A4	I-alprazolam, i-clonazepam, i-lorazepam, kanye ne-midazolam.	I-inducers, i-inhibitors kanye nabantu abajwayele ukushintsha izakhamuzi.	I-CYP3A4 ibalulekile ekuguquleni kwamanye ama-benzodiazepine amancane. Izinto ezimelayo i-CYP3A4 (njengokuthi i-fluconazole, i-clarithromycin, nama-grapefruit - yebo, usula we-grapefruit) zingakhulisa kakhulu amazinga ama-benzo ekugelezeni kwegazi futhi zidlale umphumela wokudlala ngokweqile. Izinto ezikhuthazayo (njengokuthi i-rifampin, i-carbamazepine, kanye ne-St. John's Wort) zingadala ukukhishwa okungathathelwa kakhulu ngokushisa ukukhipha kwazo. Xhumana nonoma yimuphi udokotela kanye nochwepheshe wezokudlela ngayo yonke imithi oyithatha.
COMT	Ukukhipha kwe-dopamine, i-norepinephrine kanye nemikhiqizo yengcindezelek o ngokushesha.	Val158Met (rs4680)	I-constitution ye-Sage (Met/Met, i-COMT esheshayo) ibusa kwi-popile yabasebenzisi bezimpilo abathintekile ngama-benzodiazepine — ingqondo eqala ukukhiqiza amakhemikhali wokucindezeleka ngokwayo, futhi lezi zinto zingokutholakala okungcono kakhulu ekwelapheni. Ukululama kulolu hlobo: ukuphathwa kwangxaba kuyinkinga ebalulekile nempumelelo. Uxaka oluqhutshwe ukwenza ukuthi uthwalwe ngamaphilisi kuzoba wonke uxaka oluqhumayo kwi-PAWS (Post-Acute Withdrawal Syndrome) kanye nenqubo yokubuyela ekusetshenzisweni. I-constitution yomsoli (Val/Val) ibonakala ekusetshenzisweni kwamabhizinzi ngamanye amaphilisi kanye nezimo

			zokusebenzisa izinto eziningi.
MTHFR	Ukumelitha - isisekelo sokukhiqizwa kwamakhemikhali afanele.	C677T (rs1801133), A1298C (rs1801131)	Ukuguquka kwe-MTHFR kunciphisa ukukhiqizwa kwamandla ama-serotonin kanye nama-dopamine, okubangela ukukhathazeka nokuduka okuyisisekelo okuthi amakhithi e-benzodiazepine ayoqinisiwe ukuwaphatha. Ukufakwa kwe-5-MTHF kuxazulula lesi simo ngqo futhi kuvamise ukuhlinzeka ngezindlela ezinkulu zokuthuthukiswa kokukhathazeka - okuhlinzekwa ngendlela yangempela yobungcweti esebenzisa izinto zemvelo esikhundleni sendlela yezidakamizwa. Umuntu othi kuye kwathi udinga amakhithi e-benzodiazepine impilo yonke kungase kufanele ukuthola i-folate eyayishiwe.
SLC6A4 / 5-HTTLPR	Ukukhishwa kwe-serotonin transporter.	I-allele emfushane.	Abantu abanobunzima obuncane bomzimba banokuba nezinkinga ezikhulu zokwesaba. Uma ukwelashwa kwe-benzodiazepine kwathiwa kukhona ngoba kunomthelela ekuhleleni ukukhathazeka, izinhlobo ze-SLC6A4 ezincane zingacacisa ukuthi kungani ukukhathazeka bekunzulu kangangokuba kwadinga ukwelashwa ngokwesisindo kanye nokuthi kungani ukulungiswa kokukhathazeka ngamanye amasu angewona okwelashwe ngokushesha kungase kungasetshenzisi. Ukululama kufanele kuxazulule ukusekela uhlelo lwesiruthini kanye nokuphothula kwe-GABA.
BDNF	I-brain-derived neurotrophic factor — ukuguquka kwengqondo nokulungiswa kobufakazi.	Val66Met (rs6265)	Ukusebenzisa izidakamizwa ze-benzodiazepine kakhulu kanye nangesikhathi eside kudala ukulimazeka okubonakalayo kwengqondo — inkumbulo, amandla okucophelela kanye nokusebenza kahle komlingo wonke luyathinteka. I-BDNF iyimodeli eyinhloko yokuphindaphinda kwengqondo ekhuthaza ukulungiswa kwengqondo. Abantu abanamagama "Met" banokunciphisa ukukhiqizwa kwe-BDNF futhi bangase badinge ubunzima obukhulu kakhulu kwezivivinyo ukuze bathole

			ukulungiswa okufanayo kwengqondo okuphothwe yi-BDNF. Izivivinyo aziyona into eyenziwe ngokuzithandela ekubuyiselweni kwengqondo ngemva kokusebenzisa izidakamizwa ze-benzodiazepine kakhulu kanye nangesikhathi eside.

Ukuhlunga ngaphandle kwamphumela ezivivinyweni.

Amathuluzi okuhlonza alolu chwepheshe asetshenziswa.

- Ingabe amabhizinzi anikeze ukukhululeka okunzulu kangangokuthi ezinye izindlela zokwelapha azikwenzile? Okungenzeka ukuthi unengozi ephezulu ye-GABRA2 kanye ne-Sage COMT. Ukulawula kakhulu kwengcindezi kuyingxenye ebalulekile yohlelo lwakho lokubuyela esimweni esihle ngezinto eziningi kude kube yimini.
- Ingabe uthole ukuthi amabhizinzi akukwenza kukhulu kunalokho ongulukotshiwe ngayo, ngamadosi ajwayelekile—ukulala ngokugcwele, ukulahlekelwa inkumbulo, izinkinga kokulawula umzimba—ngamadosi abanye bayithola kalula? → Kungaba ukuthi ungumuntu onamandla afiphileyo e-CYP2C19. Ulwazi olubalulekile lomudokotela ofake isikhathi sokuncipha kweziguli.
- Ingabe ama-benzo afana nokulahleka ngokushesha kakhulu kunalokho okufanele, okuholela ekubutshaneni okuvamile? → Kungaba ukuthi umuntu uyisibalo esiphambene nenqwaba (ultra-rapid metabolizer) mayelana ne-CYP3A4 noma i-CYP2C19. Xhumana nomdokotela wakho — uhlelo lokuncishiswa kancane kungase kudingeke kulungiswe.
- Ingxeba yakho yakhubazeka yonke impilo yakho, ngaphambi kokuthola izindlela zokwelapha?

  [GABRA2, COMT, SLC6A4, kanye ne-MTHFR] zonke ezifanele ukuhloliwa. Ingxeba ingobuciko futhi ingwelashwe ngezindlela zobuciko.
- Ingabe imithi yokulalisisa ayiphumanga ngokwanele ekwelapheni ukukhathazeka okubangela ukutshalwa kwe-benzo? Ukungatholakali kwe-MTHFR kanye nokwehliswa kokukhiqizwa kwe-serotonin kungaba yimbangela evamile engabhekwanga yokuthi imithi ye-SSRI ingaphumeleli. Hloliswa futhi ugeze nge-5-MTHF ngaphambi kokuthi uthi ukukhathazeka akuphenduli kunoma yini ngaphandle kwe-benzo.

Isigaba 3 — Uhlelo Lokunciphisa.

⚠ AKUKHO UKUDLULISA OKUPHEPHILE NGAPHANDLE KOKUQEDELWA KANJANI, KUMLAWULI. AKUNGIWUSIBONELO. AKUBALUNGISI. AKUNGIWONOMBOLO. AKUNGIWONKE UKUQEDA NGASHESHISEKI. KUQEDELWE KANJANI, KUMBUZI. KUQEDIWA KANJANI, KUMBUZI.

Le sentenzi iyisinyathelo esibaluleke kakhulu kulolu hlu lwemiyalelo futhi akufanele kusetshenziswa ngendlela engeyona ecacile. Uhlelo lokusebenzisa izithasiselo olungaxwayo eSigabeni sesi-4 yenza ukwehla kwemvamvu kube lula kakhulu. Uhlelo lokuziphatha kuyamane nesikhukhumi. Ubunjiniwe buka-GABA obuyingadi eSigabeni sesi-6 kubenza ukuphila okubuyiswayo kube nokulingana. Kodwa akukho okunye kulokhu okungathatha indawo yokwehla kwemvamvu. Ukwehla kwemvamvu kuyeyamuthi. Konke okunye kusekela.

3.1 — Uhlelo luka-Ashton — Izinga eliphezulu.

I-CENTURION - Umsebenzi kaDkt. Heather Ashton - Uhlobo lwemaphu awenzelwe le ndawo.

UDkt. Heather Ashton, umbhujisi wasezokudlela wase-Bhritani owayephethe ikliniki yokwelapha ukwehliswa kwezinto ezithintayo (benzodiazepines) iminyaka eyishumi nanyane, wumbhalise indlela yokuqala ehlelekile yokunciphisa kancane umthamo wezinto ezithintayo. Incwadi yakhe — etholakala mahhala ku-benzo.org.uk — isiyisikhungo esibanzi kakhulu sokwelapha ukwehliswa kwezinto ezithintayo, futhi iyindlela yokubhekana nayo echazwe lapha.

Iminyathe ebalulekile yephrothestheli ye-Ashton:

Umthetho.	Ngingakwazi ukukusiza ngalokho.
Qala ngokuguqulwa ku-diazepam (Valium).	Uma ususebenzisa i-benzodiazepine esebenzayo kancane (alprazolam, lorazepam, temazepam, clonazepam), isinyathelo sokuqala ukuyishintsha ngendosikhulu elilinganiselwe le-diazepam. Ukuba nenani elide le-diazepam (futhi namagugu asebenzayo anenani elide) kuqinisa ukuthi kungekho zinkinga ezinkulu phakathi kwezindlela zokusebenza kanye nezimpungushelo ezidlala indima ekukhathazweni nokuphumula. Lo shintesho akuyona ukunciphiswa kwendosikhulu, kodwa ukulungiselela ukunciphiswa kwendosikhulu. Ukubekezela kwe-CYP2C19 kubalulekile kulo nyathelo.
Thenga cishe u-10% njalo ngamaviki angu-2-4.	Iphanisi eyi-10 ye dose yamanje - hhayi idosi yangaphambilini - njalo ngemva kwamaviki amabili kuya kwane. Njengoba idosi ilingana, i-10% imele ukuncipha okuncane kakhulu. Amanyathelo wokugcina (amabhiliyoni angu-5–10 we-diazepam) awo ngempela ayisikhathi eside futhi aninselele kakhulu. Umzimba kufanele unqume isilinganiso, hhayi ikhalenda.
Ungaphoshelwa yisikhathi	Izingxenye ezingu-20 zokugcina zesikhathi sokunciphisa idosi zingathatha isikhathi eside njengaleyo eyayisikhathi esiyisiqinga

ngamakhuluphu.	ngaphambi kwayo. Lokhu akuyona ukwehluleka. Kuyindlela yobungqabavu yokuthuthukiswa kwe-GABA-A receptor, okufinyelela ekuphindweni kwalo okunemininingwane kakhulu. Abantu abazama ukuphakamisa izigaba zokugcina bavame ukuzizwa bengathandi lokho.
Bamba nganoma yiliphi idosi uma izimpawu zibukhulu kakhulu.	Uma ukunciphisa kusho izimpawu ezibangelwa yizinto ezingakhululekile—hhayi nje ukungunembe, kodwa ezilimazayo kakhulu—gcina ngalo mdwebo izinsuku ezingu-2–4 ngaphambi kokuncipha futhi. Lokhu akuyona ukuthukuthezi. Kuyindlela yokuvumela uhlelo lwakho lokuziphatha ukuthi lubalance phambi kwesigaba esilandelayo.
Ukuhlungwa okuyisikhathi esigcina.	Ngezansi kwamamigrama angu-5 e-diazepam, ukusika amaphilisi kubangela ukungaqondileki. Izindlela zokugcwalisa eziqobo (noma i-diazepam edluliselwe emanzini) zivumela ukunciphiswa okunembayo okungenantambo engu-0.5mg kanye nokunciphiselwa okuncane, okungafinyezwani nokusika amaphilisi. Buza udokotela wakho ngalezi zindlela eziqukethwe kuyo le nto.
Isikhathi sokunciphisa idosi singaba nezinyanga kuze kube iminyaka kubasebenzisi abadele.	Ukusebenzisa okufushane (amasonto): yehliswa kancane phakathi kwamaviki. Ukusetshenziswa kwansuku zonke ezinyangeni: yehliswa kancane phakathi nezinyanga. Ukusetshenziswa kwansuku zonke iminyaka: kuholela eminyakeni eyodwa noma ethathu ukuze kube nokwehlelisa okulula. Lokhu akuyona ukuzwela okugqamile—kudingeka ngobungcweti bomzimba. Ukwehlelisa okusheshayo kudala ubuhlungu nokubuyiselwa kwesimo esidala. Ukwehlelisa okuphuthumayo kudalula ukuvuka okuqinile.

3.2 — Ithebhitabhulogi lokuguquliswa kwe-Diazepam.

I-CENTURION — Yazi Ukuthi Uthatha Kanjani Ngezindleko Ezivamile.

Wonke amadose ezitho ze-benzodiazepine aguqulwe kuma-ekivalenti e-diazepam ukuze kuhlelelwe ukunciphisa kancane. Le tavelini ikusiza ukuthi uqonde umthwalo wakho oyingqakathekile we-GABA-A ngaphambi kokuba uqale. Sebenzisa lokhu ukuze uthole ulwazi olufanele ekuxoxeni nomdokotela wakho—ungazilungezisi ngokwakho.

Imithi.	Akukho ukulinganiswa elincane.	Ukuhlala kakhulu.	Indlela yokunciphisa kancane.
Diazepam (Valium)	10mg	20–100 amahora (ama-metabolite asebenzayo: 36–200 amahora)	Ukunciphisa ngokuqondile - indlela ethandwayo.
Alprazolam (Xanax)	0.5mg	6-27 amahora.	Qala ngokushintsha kancane ku-diazepam -

			kunconywa kakhulu.
Lorazepam (Ativan)	1mg	10–20 amahora	Kuyacetyiswa ukuthi kuncibiliseke ngesikhathi esifushane ku-diazepam.
Clonazepam (Klonopin)	0.5mg	18–50 amahora	Ezinye izindlela ziqala ngokushesha; ukuxegeshwa kancane ku-diazepam kubalulekile kwezidingo ezinkulu.
Temazepam (Restoril)	10mg	8–22 amahora	Kuyacetyiswa ukuthi kuncibiliseke ngesikhathi esifushane ku-diazepam.
Chlordiazepoxide (Librium)	25mg	24–48 amahora	Kungenzeka ukuthi kunciphiswe ngendlela eqondileyo; impilo ende enikeza ukuqina okuthile.
Zolpidem (Ambien)	10–20mg (cisayinsi).	Amahora angu-2-3.	Thepha umuthi ku-diazepam uma kukhona ukungqubuzana okukhulu.
Pregabalin (Lyrica)	Akuyona ukulinganisela okufanayo ne-benzo - kumele uqale ukuphansi kancane ngokuhlukile.	Ihora elihlanu nemithathu.	Ukuncishiswa kwekhanda ngokuhlukanisiwe, okuyikhilogramu eyi-25 ngesonto, kanye nokuncishiswa kwezinto ezithintekayo (benzodiazepines) kuphela ngaphansi kokwelulekwa kochwepheshe.

⚠ LEZI ZINGUQUBUKO EZISUSI. IMIPHUMA YABAMUNYANE IHLUKUMEKA KANJANI NGOKUQINISEKILE NGENGENELO, ISIKATSHAMI SOKUSEBENZISA, NEKHETIFIKA YOMUNTU. WONKE UKUGAYWA KUMBUZO KUHLANGANISWE NGUMDOKOTORE

OMQENGELEKI WEZENZO ZOKULIMAZA IZINTO EZIYINGXENYE KABENZO.

3.3 — Isikhathi Sokukhuphuka.

Ikhambu.	Ibhayoloji.	Izimpawu.	Yini okumele ngiyenze?
Ngesikhathi sokunciphisa uthango (ezinyangeni ukuya eminyakeni).	Ama-receptor e-GABA-A azwandisayo kancane kancane njengoba ukwelashwa ngemithi kuyekiswa kancane kancane; umzimba wamanzi uyazifundisa ukuthi asebenze ngempumelelo ngenketho yezindlela zokwelapha.	Ukuguquka— ngamunye umzuzu onganciphiswa ungaholela ezimweni eziyinkimbinkimbi ezingu-1–2 izinto ngaphambi kokuthi ubuyekezele ekugcineni kwedosi entsha.	Bamba ukunciphisa ngamajwi angu-2 ngaphambi kokuhlola. Izimpawu zokunciphiselwa okujulile akuyona ubufakazi bokuthi ukunciphiselwa akunalo icala — kungobufakazi bokuthi kusebenza. Uma izimpawu ezinkulu futhi zihlala izinsuku ezingu-3–4, xoxana nomdokotela wakho mayelana nokunciphisa okuncane okulandelayo.
Ukulungiswa okukhulu ngemuva kokunciphisa ithempi (amasonto angu-1-4 ngemva koshintshi lwasikhathi sonke).	Ukukhuliswa kokuqeda kwe-GABA-A; ukunoma kwama-glutamate; ukuphindaphinda kohlelo lwe-HPA; isikhathi esiyisimiso somzimba onakekelo esibuthakathile ngaphandle kokusekela kwezokudokotera.	Ukukhathazeka okukhulu, ukungakwazi ukulala, ukuvuvukala kwamabhokisini, umsindo ohlalayo ezindlebeni, ukuba nesipiliyoni sokuthi uyakhangela kakhulu kokukhanya nemisindo, ukulahlekelwa ngamakhono okucinga, ushintshashintlalo emizweni, ukwezwa sengathi awukho noma indawo oyikhona kubanye.	Lesi yisikhathi esiphezulu sendlela. Ukwesekwa kwezokwelapha kuyatholakala. Uhlelo oluphelele wezindlela zokwelashisha lusebenza. Vikela izinto ezibangela ukucindezelwa empilweni uma kungenzeka. Zimise ngokuthule. Xhumana nodokotela wakho uma izimpawu zibukeka zingalungile - amadosi amancane eziyazinzuzo ezingabonakalisi (hydroxyzine, gabapentin ngaphansi kokugadeka) angasetshenziswa ukuxazulula izingxabano ezinkulu.
Ukululama kokuqala (inyanga ezingu-1–3).	Ubukhulu bamarekhitha e-GABA-A buphindela kuyo yona yangaphambilini; i-glutamate ibuyele ebuningwini bayo; izinhlelo ze-	Ukwandisa kancane ngempumelelo, kodwa nezinkinga; izikhathi zokucophelela ezihlanganiswe nezikhathi ezinzima; ukulala luyabuyela	Iphrothokoli ephelele ye-Recovery Kernel. Ukuzivocavoca manje kuyinto ebaluleke kakhulu— i-BDNF iyenza ukubuyela komlingo kanye nokwanda kwamarekhitha ngasikhathi sinye. Uhlobo lwe-'windows

	serotonin ne-dopamine, ezazithinteke ngenxa yokusetshenziswa kwezinto eziyizincwadi (benzo) isikhathi eside, ziqalile ukuphindela kuyo yona yangaphambilini.	buhlungu kancane; ukukhathazeka lunciphile kodwa luhlukahluka.	and waves' luvamile futhi alubonisi ukuhlupheka.
Ukukotshwa okwedlule izinsuku ezinde / i-PAWS (amathuba angu-3-18+).	Uhlelo lwe-GABA-A luyazithuthukisa; ukuguquka kwezinto eziguqula imbewu kuthatha isikhathi eside ukuze buvikeleke; ukubuyela esimweni esihle kwengqondo kuyaqhubeka.	Imigudu emincane yakhulu yokukhathazeka, ubunzima kokucabanga, ukungaqonda umsindo (tinnitus), izingxenye ezibonakalayo ezingavamile, ukuntuleka kwemizwa, noma ukuba ngumntu obuthake kakhulu - ebonakala futhi yehluka ngaphandle komkhuba oqinisekayo.	Lesisindiswe esikhulu sokukhipha ukuziphatha (i-protracted withdrawal syndrome - PAWS) — kuhloliwe, kungenzeka, futhi kuyisimiso esincane ezimweni eziningi. Izimpungu zihlala ziphansi ngokujulile futhi ziyancipha ngokuhamba kwesikhathi. Imikhuba eqhubekayo nsuku zonke ibalulekile kunokulawula izimo ngazinye.
Ukululama okuphelele (amaviki angu-12 kuya kwangu-24+, kubasebenzisi abadelela kakhulu).	I-density yomthwalo we-receptor ye-GABA-A ilungiselelwe; umsebenzi wengqondo ulukhulu olubuyiselwe; i-axis ye-HPA izinzile; ukukhathazeka kusezingeni eliphansi njengezikhathi zangaphambi kokuthola utshwala lwe-benzo noma ngaphezulu.	Ukuphathwa kokukhulu kakhulu kwezinkinga ngokwemvelo; ukucaca kwengqondo buyiswe kabusha; ukuphumula kuyabuyiselwa; ububanzi bemizwa buvusiwe.	Uhlelo lwe-'okungezwa lokuzithinta' olubhalwe kuleli bhuku (C-28) luyasebenza ngokuphelele. Umuntu owayufike kulo mqulu, ezimangale ukuthi ngabe nakanjani uzizwa normal futhi, uyafika. Impendulo ithi yebo.

3.4 — Isimo Esikhulu Sokukhipha I-Benzodiazepine.

I-CENTURION - Amagqubu Avela Emgwaqweni Odlule - Eqoqo, Enamagama, futhi Eyisikhathi Esincane.

Isinkwa semithi esibucayi se-benzodiazepine (i-PBWS) ngesinye sezinto ezinceliswe kancane futhi ezinobuhlungu kakhulu emtholampilo wezindlela zokuziphatha. Kwenziwa kubantu abaningi abasebenzise amathethi e-benzodiazepine isikhathi eside, futhi ingaqhubeka izinyanga ezingu-12 kuya kweyini ezingu-24 ngemuva kokugcina ukuthatwa kwalo mthetho. Izimpawu zayo zivele futhi ziyashonywa ngaphandle komkhuba ohlaziywayo - "ukulungiswa kanye nezixube" okungenza ukuthi umuntu azizwe ubumfihlo obukhulu mayelana nokuthi ukululama kwenzeka yini.

Iphethini yalesi bhuku: I-PBWS iyinkinga yolwazi elichazwe ngokucacile. Akuyona ukubuyela kwengxabano yokukhathala. Akuyimfuneko ukuthi kubalulekile ukuthi kudingeke izidakamizwa ze-benzodiazepine ngaso unyaka. Kuyindlela ehlelelwe yohlelo lwe-GABA-A lokulungiswa kabusha, okwenzeka ngesikhathi esiyinqunyiweyo, okungalona isikhathi esithile umuntu oyisiguli afuna ukuthi kwenze.

Izimpawu ze-PBWS zingafaka: ukukhuluphuzwa okunamandla noma ukungqubuzana, i-tinnitus (umsindo emithweni), izingxenye ezibonakalayo, ukulahlekelwa ngobuntu nokuba yinto engempela, ubunzima kokucabanga (ukuthola amagama, inkumbulo), ukuntuleka ngokwezinhloso ehambisana nokugcwala kwezinhloso, kanye nokwenza kabi kwemitshina, imisebe, kanye nokuqhamuka. Noma yikuphi kulolu hlu lungavela ngokushesha, lingahlala amahora ayi-1 noma izinsuku, bese liyeka - kodwa kungase buyaphindaphinda emavikini alandelayo.

Uma kukhona ingxenye ye-PBWS: landela iPhrothokholi 01 (Ukuhlala). Ukuphefumula kwe-4-7-8. I-Magnesium. I-L-theanine. Xhumana nodokotela wakho uma izimpawu zibukhulu kakhulu noma zifake noma yimiphi imizimba ye-nervous evamile ongayikaze uyibuze ngaphambilini. Ungagcwalisi leli nkinga njengobufakazi bokuthi udinga ukuvuselela ukusetshenziswa kwe-benzodiazepine — lokhu kuyindlela evamile futhi ebiza kakhulu yokuziphatha nge-PBWS.

Isigaba 4 — Ukulungiswa Kwobupilo: Uhlu Lokusekela Okuthintekayo.

Izindlela zokwelapha kanye nezinto ezongezwayo kulolu hlu azisikhuliseli ukuthi uyeke ukusebenzisa umuthi. Zenza ukuphazamiseka kokuphuma kumuthi kube lula, zisiza ekubuyeni kwesimo se-GABA-A receptor, zibhekana nomkhuba wokukhathazeka owawulungiswa ngamaminithi, futhi ziyakuvuselela izinhlelo ezilimele ukusetshenziswa kwezinye izinto kakhulu.

Kubalulekile: uma manje ususebenzisa imidili yama-benzodiazepine futhi uphathwa udokotela, xoxa nganoma iyiphi imithombo ngaphambi kokuyisebenzisa. Ezinye (isibonelo, umuthi wasekuthambini, i-kava, itaurine eminingi) zinezinto ezilawula i-GABA futhi zingadala ukulala okukhulu uma zisetshenziswa kanye nemidlili yama-benzodiazepine.

4.1 — I-Foundation Yokubekwa Kwezinto Eziphathekayo.

Efana elingokufanayo nezinqwaba zokunyakaziswa kwe-alcohol kanye ne-GHB ngoba ukululama kohlelo lwe-GABA kuxhomekile esakhiweni se-methylation efanayo. Ngaphandle kokwengeziwa okukodwa mayelana ne-benzodiazepine: ukuphazamiseka kwengqondo okuvela ekusetshenzisweni kwebenzodiazepine isikhathi eside kuxhomeke kumavithamini e-B, futhi ukusekela okukhulu kwe-methylation kusiza ukululama ngokushesha kwengqondo kanye nokubuyiselwa kohlelo lwe-GABA-A.

Supplement	Idosi.	Isikhathi.	Benzo-specific notes
5-MTHF (L-methylfolate)	400–1000mcg	Ukudla ekuseni.	Ukufakwa okubaluleke kakhulu kwezinto ezithuthukisa ukuguquka kwegesi eliyindlalifa ekuhlelweni lokululama kwe-benzo. Uma ukukhathazeka okuholele ekutshalweni, kungaba yimbangela yokuthi umzimba unokungalingani kwezakhamuzi ngenxa ye-MTHFR-variant, i-5-MTHF ilinganisa ngqo nalolu hlobo lwenkinga. Abaningi bomphakathi babika ukuncipha okukhulu kokukhathazeka ezinsimini ezingu-2–4 kusukela ekuqaleni kuka-5-MTHF—okuvamise ukumangaza bobabili, umuntu kanye nomdokotela owayethule. Qala nge-400mcg. Khulisa kancane ukuvimbela ukushintsha okuyisihluthulelo

			kokuguquka kwegesi eliyindlalifa (ukwanda okuvamile kokukhathazeka okokuqala kusonto), okungenzeka kubanye abantu.
Methylcobalamin (B12)	1000–2000mcg	Ngawo kuseni, ngaphansi loluphiko.	Ukusebenzisa ama-benzodiazepine isikhathi eside kunciphisa izindlela zokufakwa kwe-B12. Ukuntuleka kwe-B12 kunyusa ukulahlekelwa kokuzimisela okwengqondo okuphathelene nokusetshenziswa kwe-benzo. I-methylcobalamin egcwele elunyweni luyagcina izinkinga zokufakwa kwi-GI futhi ngqo kusiza ngokubalwa kanye nokugcinwa kweminye imikhakha yomzimba.
P5P (i-B6 esebenzayo).	25–50mg	Ngafa.	I-cofactor yokukhiqizwa kwe-GABA. Ukuguqulwa kuka-glutamate kuze kube yinto i-GABA kudinga i-pyridoxal-5-phosphate. Ekuhlelweni kokuvuselela ukusebenzisa izidakamizwa, lapho amandla okukhiqiza i-GABA ekhishiwe ngenxa yokwehla kwezikhathi ezide kwezindlela zokuthola, ukunikeza leli cofactor elisetshenziswa ekukhiqizweni kuxhasa ukuvuselela umthamo wokukhiqiza i-GABA ngaphakathi. Sebenzisa nje uhlobo lwe-P5P - i-pyridoxine ejwayelekile inokuguqulwa okungaqinisekiswanga.
I-magnesium glycinate.	400–600mg yezingxenye ezibalulekile.	Ukuhluka phakathi kosuku nesikhathi esiphakathi.	I-compendium elandelayo echaza ukuthi i-stack ye-GABA yokubuyisela igama okokuqala i-magnesium glycinate phakathi kwezindlela zokweseka ngesikhathi sokunciphisa kancane izidakamizwa ze-benzo. Umgqugquzelo we-NMDA, isilawuli somthamo we-GABA receptor, umkhiqizi wesithasiselo se-GABA, ukuncishiswa kwakhala, usizo lokulala. Ukungeza okubaluleke kakhulu ngokomzimba ekuhlelweni kokuvuka kwezinto eziyisidakamizwa ze-benzo. Qala

			ngosuku loku-1 lokunciphisa kancane—kuyisiqondiso.

4.2 — Ukweseka Ukubuyiselwa Kohlelo lwe-GABA-A.

I-CENTURION — Ukuxhasa Ukululama Ngenkathi Kwenqunyiwe.

Leli khompilini ligama ukuxhasa ukuphothulwa kwe-GABA elingaxazululi izinkinga ezivela ekusetshenzisweni kwezinto eziyizincwadi (benzo tapering) ngokuthi: magnesium glycinate, L-theanine, taurine, umuthi wemithi yomhlane (valerian root), kanye nephosphatidylserine. Leli sahluko lwandisa ngalinye ngolwazi oluxhumene nezinto eziyizincwadi futhi engeza izinketho eziningi ezisekelwe kobufakazi.

⚠ ISINYATHELO SOKUPHENYA: Wonke uthango oluxhasa i-GABA kufanele kuxoxwe nodokotela wakho ngaphambi kokuthi ulifake ngenkathi unamatheka ekwelapheni. Ezinye—ikakhulukazi uvalerian root kanye ne-taurine ngezinga eliphezulu—zingenza ukuthulela kube mnene. Faka olunye ngesikhathi bese uhlola umphumela ngaphambi kokufaka olunye.

Ngephilojeni.	Idosi.	Isikhathi.	Ikusayizi ekuhlelweni lokululama kwe-benzodiazepine.
L-Theanine.	200–400mg	Njengoba kudingeka - izikhathi ezingu-2-3 ngosuku ngesikhathi sokunciphisa.	Leli khompilini ligama i-L-theanine ikakhulukazi ukuze kusizwe ukubuyiselwa kwe-benzo GABA. Ukulungiswa kwe-GABA ne-glycine; kukhuthaza izimo zombilo ze-alpha; umdabu wokunciphisa ukukhathazeka ongenazo izimpumela ezilala futhi ongekho nengozi yokutadela. Lesi sipho esinokwethemba kakhulu ekunikezeni ukuphulukiswa kwangempela kokukhathazeka ngaphandle kwezingozi zokutadela ngesikhathi sokunciphisa uthango—ngakho-ke kuyisisekelo esiyinhloko sesixazululo esingezona imithi ekulawuleni kokukhathazeka phakathi nezindlela zokuthola umuthi.
Taurine.	1–2g ngosuku.	Nokudla.	I-taurine igunyazwe njengosizo kwezikhathi zama-GABA receptor ekuhleleni ukususwa kwamakhambi e-benzo.

			Ukulungiswa kwe-GABA-A receptor; ukuvikela izinkomo; kunciphisa ukugxilileka kwe-glutamate. Qala nge-500mg futhi wandise kancane ukuze uhlaziye ukuthembeka kwakho. Gwema ukuthatha ngobisi kusihlwa ngesikhathi sokuhlelelwa uma kubangela ukulala ngokweqile lapho kunombango wamakhambi e-benzo asasusiwe.
Umuthi wemithi yase-Valerian.	300–500mg yisikhathi esinqunyiwe.	Ngekusihlwa - yiba nemikhawulo uma uyahlanganisa nezingozi.	I-valerian root igunyazwe ekulinganiseni i-GABA ekubuyiselweni kwezinto ezithintekayo ezingokwelapha (benzo). Ukuvimbela ukwanda kuka-GABA transaminase - kubamba ukuhlehliswa kwe-GABA. Kufanele kusetshenziswe ngemuva kokuphelisa ukunciphisa izingosi zezingokwelapha, noma ezigabeni zakugcina lapho izingosi zezingokwelapha ziphansi kakhulu. Kunobufakazi obusekelwayo mayelana nokulaliswa kwenkinga yengcindezi kanye nokungaphefumuli. Ungahambisani nalokhu nezingosi ezisebenzayo zezokwelapha ngaphandle kokwelulekwa lodokotela.
Phosphatidylserine.	300mg	Usuku oluhle.	Iphethilithaisina isetshenziswa kuleli bhuku lokwelapha ukunciphisa i-cortisol ekuhlelweni lokuvuka kwe-benzo. Ukunoma umkhakha we-HPA; kunciphisa i-cortisol kusihlwa; kusekela impilo yefilimu ye-neuronal ebaluleke ekubuyiselweni komthamo we-GABA-A. Kubhekana nokugaya kwemikhakha ye-HPA okuhantsha ukukhathazeka okunengi ekukhipheni kwe-benzo.
Inositol.	4–18g ngosuku (yandisa kancane).	Kuhlukaniswa ngamathuba okudla.	Ukulungiswa kobunzima bamajaji e-GABA kanye ne-serotonin. Ukunciphisa ukukhathazeka, kunezimpela ezikhulu ekuntshontshweni kwezinkinga zokungqubuzana

			(okuyinto evamile ekukhuphuzeni kwamakhambi e-benzo). Kudingeke idosi ephezulu ukuze kube nomthelela wezokwelapha, ngakho-ke yalandelwe kancane. Kulula ukuyithola, kodwa kungase kudingeke ukulungiswa kokudla okugwayi ngezindlela zokunciphisa ukukhathazeka uma kusetshenziswa izingosi ezinkulu.
NAC (i-N-Acetyl Cysteine).	600–1800mg ngosuku.	Ngekusatshuda yo nasemini, ngendlela yokudla.	Buyekeza ukulinganiselwa kwe-glutamate—luhlobene ngqo nokungalingani kwe-GABA kanye ne-glutamate ekukhipheni kwamakhambi e-benzo. Linikeza ukwesekwa kwegeyinitothi, okuyinto esebenza njengomthombo wegeyinitothi, ukuze kuncishiswe ukucindezelwa kokudakwa okuholele ekuguquleni kwengqondo ngesikhathi sokwelashwa. Kunezibonakaliso zokukhathazeka nezimpawu zokuzifela.
Lemon balm (Melissa officinalis)	300–600mg esiyisibonakaliso.	Ngekusihlwa noma ngesikhathi esidingekile.	Inhibhi yama-GABA transaminase - inhlanganisela efana nevalerian, kodwa enempilo engcono. Yindlela enhle ngesikhathi samuva kokuphakamisa ukwecuka kwezinto ezithintekayo (benzodiazepines) uma amadosi ayiphansi kakhulu. Inesisindo esilungele ukuncibilika kwenguquko, futhi inempilo engcono. Kungaba yindlela elula kunalokho okuyivalerian ngesikhathi sosuku kumuntu okhona.

4.3 — Ukulawula Ukukhathazeka: Isizathu Esibucayi.

I-CENTURION - Ukuphethwa kweminye imithi bekuzama ukuxazulula inkinga yangempela. UKuhleleka kufanele kuxazulule le nkinga ngendlela ehlukene.

Ukukhathazeka okuhilele ukubhaliweka kwe-benzodiazepine kuyinkinga ebalulekile ekululazeni kuka-benzodiazepine—hhayi nje ngoba kwenza

ukubhaliweka kububonakale kudingekile, kodwa futhi ngoba kuzobuya ngokugcwele ngesikhathi sokunciphisa izingosi kanye nokuthi kungaba makhulu kakhulu ekuvikelweni kokuqala kunakuwo obungukwakho ngaphambi kokubhaliweka.

Akuyona ubufakazi bokuthi ukululama akunakwenzeka. Kungobufakazi bokuthi ukukhuluphuzwa kwakuholele ekuntwini okwakungokomzimba kusukela kwaso kanye nokuthi i-benzodiazepine yayilapha lokho ngokwemithi ngaphandle kokubhekana nomzimba ongokweqiniso. Ukululama kuyinqubo yokwakha ingxenye yombili yezakhiwo zomzimba nezindlela zokuziphatha ukuze kulawulwe ukukhuluphuzwa ngezindlela umqondo uyikhaya kuzo.

Ukuhlomisa.	Inqubo.	Ukusebenza kwi-benzo yokululama.
Ukuphefumula ngokuzithuthukisa ngokuphuma komoya okwedlule (4-7-8, ukuphefumula okunengqondo).	Ukuvuselelwa kwezinhlansi ze-vagus; ukubusa kwengxenye ephathwayo; ukuqeqeshwa okungaqondile kwe-GABA-B; ukuncishiswa kuka-cortisol.	Ukulungiselela okungenazindlela ezilapha okunokushesha kakhulu lokunciphisa ukukhathazeka. Iphumela kungu-60–90 seconds. Kufanele uhlale uyizoba nsuku zonke ukuze kube yinto evamile lapho udinga khona. Lesi sikhuthazo akuyona into eyinketho — ekuhlelweni kokuvuka kwe-benzo, kuyindlela enkulu kakhulu yokulawula ukukhathazeka ngesikhathi sokunciphisa izinga kanye nangemuva kwalo. Uhlaka 01 lokuphefumula oluvela kuleli bhuku. Okungenani imizuzu eyi-10 ekuseni nakusihlwa, kanye nangesikhathi esidingekayo.
I-CBT yobunzulu (ikakhulukazi esekelwe ekutsheni).	Ukulungiselela kabusha ukucabanga okunengxaba; ukuvezwa kwezinqubo ezilandelwayo ukunciphisa impendulo yokukhathazeka kweziginali zokukhathazeka.	Ukwelashwa kokukhulu kakhulu kwezinkinga zengcwaso ngaphandle kokusebenzisa imithi. Kungcono ukuthi kuqale ezinyangeni ezingu-3–6 ngemuva kokuphakamiseka, lapho amandla okucinga ebahle kakhulu ukuze kube nokwenzeka ukuthi umuntu uthathe iholo ngokuphelele. I-CBT ayiyona imithi yendlela esondeleyo — idalula izinguquko ezibalulekile ekusebenzisweni kwe-amygdala kanye nokulawulwa kwempendulo yokwesaba yi-prefrontal cortex. Uhlu lwephrothokholi elingu-11 kulolu hlu lubhekisa kule ndlela.
MBSR (Uhlelo Lokunciphisa Ukucindezela Olusekelwe Ekuzimiseni).	Kwandisa kakhulu utoni we-GABA; yehlisa ukusebenza kwe-amygdala; ukuqinisekiswa kwengxenye yangaphambili yombambo (prefrontal	Uhlelo oluhleliwe lamasonto ayisishiyagalolunye olunobufakazi obuqinile ezinkingeni zokukhathazeka. Kulula kakhulu kuno-CBT (ukwelashwa ngokuziphatha) kubanye abantu ngoba akudingi ukuphinda ukubheka izinto ezenza ukukhathazeka—kunendawo yokwakha amandla okwazi ukubukela

	cortex); ukuncishiswa kwe-cortisol.	ukukhathazeka ngaphandle kokuthi umuntu uzizwe ukuthi uyikhuluma. Abantu abanolwimi oluhlukile bayayithakasela kakhulu i-MBSR (ukwelashwa ngokuzindla).
NSDR (Ukupumula Okujulile Ngaphandle Kokulala) kanye ne-yoga nidra.	Ukuvuselelwa kwe-parasympathetic; ukukhishwa kwe-GABA; ukuphindiselwa kwe-dopamine ngaphandle kokulala.	20–30 imizuzu ngosuku. Itholakala mahhala nge-YouTube (funa 'yoga nidra' noma 'NSDR'). Izenza ukuthi ubude obucwasheyo bemisipha, okuyinto eyayivimbela ukulala okuwusizo ngeminyaka. Kusebenzisa kakhulu ngesikhathi sokunciphisa utholelwa, lapho ukuphumula kwasebusuku kubi futhi ukukhathazeka ngosuku kunamandla.
Ukuchayeka ngamanzi abandayo.	Ukuvuthwa okusheshayo kwe-parasympathetic, okuholela ekubambeni kokungcola; ukunyuka kwe-norepinephrine okulandelwe ukuphumula okuqhubekayo; kukhulisa uthando lokuhlwanipha.	Manzi opholile ebusweni, umsipho opholile ekugcineni (imizuzu engama-30–90), noma ukungena emanzini opholile. Ngenye yezindlela ezisheshayo zokuphazamiseza ukukhathazeka ngokushesha ngaphandle kwezindlela zokwelapha. Ukushwashwa (ukuthinta amanzi opholile ebusweni nasegweni) kunciphisa izinga lokupumputela ngemizuzu embalwa - okubalulekile ezinkingeni zokungqubuzana kanye nezimo zokukhathazeka ezikhulu.

4.4 — Ukululama Kwengqondo — Intambo yamazinga e-Benzo iyashiywa.

I-CENTURION - Ingqondo onayo ngaphambi kokuthola imithi isekho. Iya buyiswa.

Ukusebenzisa ama-benzodiazepine kakhulu ngezinsuku ezinde kudala ukukhubazeka okubonakalayo kokuzimisela— "i-benzo fog" ebangela ukuthi kube nzima ukukhumbula, ukucindezelwa ngokushesha, ukugxila kanye nokuthola amagama. Lesi yinto eyodwa engakhathaza kakhulu mayelana nokuthemba ama-benzodiazepine ngoba evamise ukungabonakali odokotela futhi ihlolwe njengokukhathazeka kungekhona ukuboniswa kokuzimisela okwenzekayo ngenxa yezinto ezithile.

Izindaba ezinhle, okubhalwe ngayo ocwaningweni lwemifanekiso yombambo: amandla engqondo athuthuka kakhulu ngokuzinza ekusetshenzisini kweziphizi. Iningi yokulimazeka kulungiswa phakathi nezinyanga ezingu-3 kuya kweziyi-12 ngemuva kokugcina ukuthatwa kwedosi. Ukuguquka kwengqondo okudlaliswe yi-BDNF kuyindlela esezingileni yalokhu kukho konke.

- Ukuqeqeshwa: Umsebenzi onamandla kakhulu wokukhuthaza i-BDNF. Ukuqeqeshwa kwe-aerobic okuyikhambi elingaphezu kwamaminithi angu-30 nsuku zonke kunenhlanhla yokwandisa i-BDNF engu-200–400%. Lesi kuyindlela enkulu kakhulu yokulungiswa kwengqondo, futhi iyatholakala kubo bonke. Ukukhanya okubangelwa ngama-benzodiazepine kuhleka ngokushesha kumantombazane abaqeqeshayo ngamandla phakathi nenkathi yokuphulukisa.
- Ukufunda amakhono amasha futhi anzima: Ukuthola amakhono amasha kukhuthaza i-BDNF ezindaweni ezithile zengqondo ezibandakanyekile. Ukufunda isiginci, ulimi, ubuciko, noma ikhono elimisipha elinzulu—noma yini edinga ukunakwa futhi edala amaphutha okulungiswa—kukhuthaza ukuguquka kwengqondo okuwusizo ekubuyeni kokuphila.
- Alpha-GPC noma i-CDP-Choline (250–500mg ekuseni): isiza ukukhiqizwa kwe-acetylcholine—i-neurotransmitter ehlobene ngokuqondile nomlingo nokufunda. Izindlela zokulala ezithule zisibambezele umsebenzi we-cholinergic. Ukuthuthukiswa kwalesi sifomu esiyisisekelo kusiza ekubuyeni kakhulu kwamandla okubhala imininingwane.
- I-mushroom yama-Lion's Mane (500–1000mg ngosuku): Ukuthakasela kwe-NGF okuholela ekukhuliseni kwamagciwane kanye nokuguquka kobuchwepheshe. Kubalulekile kakhulu kokulungiswa kwemingcwama nokuphazamiseka kobuchwepheshe okubangelwa ukusetshenziswa kwe-benzo esikhathi eside.
- DHA (1000mg noma ngaphezulu ngosuku): iyengxenye ebalulekile yezakhiwo zamakhambi ezinkwa; isekela ukukhuthazwa kwe-BDNF; inemiphumela yokulimaza ukutshisa kwenkwa okuhambisana nokuguqulelwa kwebanga le-GABA.

4.5 — Ukulungiselela Ukuphumula.

Ukusebenzisa ama-benzodiazepine kunciphisa ukulala kwe-REM kanye nokulala kwesigaba N3 (okujulile) - ezimbili izigaba zokulala ezibuyisayo kakhulu. Ukungaphuci okubekwe amabhizinzipine ukuthi kulaliswe, okuvamile ukuthi kushintshwe ngukulala okubonakala kunende futhi, kodwa okunengqondo elinganiselwe. Ukululama kuholela ekubuphindeni kwendlela yokulala - okufanele kuhlanganiswe nyesikhathi sokungaphuci esiphindaphindiwe, okuyindlela ingqophiso ezama ukubuyisa ukulala kwe-REM okwenziwa ngayo.

- Imelatinin: 0.5–1mg ngaphansi koluphiko, imizuzu engama-30–60 ngaphambi kokulala. Idosi ephansi — idosi ephezulu ingabangela ukuhlazwa kakhulu kunokuxhasa uhlelo lokulala nokuvuka.
- Imagnesiumu ye-glycinate: 400mg yomthombo, ihora ngaphambi kokulala. Ukuzivumisa kwe-receptor ye-GABA-A nokunciphisa i-glutamate kuxazulula ngokuqondile ukukhuluphuzwa okudlala indima ekuvimbeni kwokulala ngenxa yokubuyiselwa kwezinto ezinobuthi (benzo).

- I-glycine: 3–5g, imizuzu engama-30 ngaphambi kokulala. Ukuncishiswa kobushisa bomzimba kanye nokuhlela kwe-NMDA okuxhasa ukulingana kwe-GABA ne-glutamate.
- L-Theanine: 200–400mg kusihlwa. Kukhuthaza amawewi ahamba kancane; kunciphisa ukugqama okudabukisayo okuvimbela ukuphumula.
- 5-HTP: 50–100mg kusihlwa. Iyi-serotonin precursor eguqulwe kube yimelatonin—isekela kokubili ukuzithokozisa kanye nokulungiswa kwendlela yokulala. Ungahambisani nalokhu ne-SSRIs ngaphandle kokwelulekwa lodokotela.
- I-ekstrakthi yamanani wamakhilibe: 480mg noma uju we-240ml, kusihlwa. Umthombo wendlovukati yemvelo kanye nomdwebo wokunciphisa ukutshisa. Kusekela ukulala ngaphandle kokucindezelwa kwe-REM.

Also execute Protocol 17 (Sleep Architecture) from the main Compendium in full. The benzo-specific expectation: rebound insomnia is normal and temporary in the weeks following the last dose. It is the brain reclaiming its REM architecture. Do not interpret this as evidence that benzodiazepines are needed permanently.

4.6 — Ikhithi Yokweseka ye-Peptide.

Idokotela kufanele axoxe ngayo yonke imikhiqizo yama-peptide - izinto zocwaningo.

I-peptide.	Imisebenzi ebalulekile ekululazeni ukuthathe izidakamizwa ezithombenzilwe.	Isikhathi.	Notes
BPC-157	Ukulungiswa kohlelo lwe-GABA - kwabonakaliswa imiphumela yendlela ye-GABA-B; ukunomaqhinga kwe-dopamine ne-serotonin; ukulungiswa koxhumanisi phakathi komhlaza nomuthi; ukuvikelwa kwengalo ekutheni umuthi ukhathaze amacebo.	Ngesikhathi sokunciphisa kancane kanye ngemuva kokunciphisa kancane - nsuku zonke.	I-BPC-157 iyiphephilethi ebaluleke kakhulu ekululazeni ukuxhumana nezinto ezibangela ukungcola, ngenxa yefundi efanayo ngaphambi kokululaza ukusetshenziswa kwe-GHB: izici zayo zokulawula uhlelo lwe-GABA zisiza ngqo ohlelweni olululazayo. Ukuthatwa ngomkhakha kuyanele futhi kunganceda ukulungisa ubudlelwano phakathi komdabu nomhliswa obuthintekile ukusetshenziswa kwezinto ezibangela ukungcola okwedlule. Xoxani nendokotela mayelana nokuhlela ngesikhathi kokuphakelwa kwe-BPC-157

			kanye nezindlela zokulala eziyisasa.
Selank	Ukulungiswa kwe-GABA kanye ne-serotonin; umuthi onamandla ongenalo ukuthenga; kunciphisa ukukhathazeka ngaphandle kokudlala. I-peptide ethe xaxa kakhulu ekulawuleni kwenkinga yokukhathazeka.	Nansuku zonke noma njengoba kudingeka ngaso yonke indlela yokunciphisa.	Selank iyipetayidi ebaluleke kakhulu ekululazeni ukuthemba kwemithi (benzo) ngoba ukukhathazeka okunzima kuyinto eyinhloko yokutshekelwa kanye nokuba yisici esiyinhloko esithintekayo ekululazeni nasekuphindweni. I-Selank ixazulula lokhu ngaphandle kokuba nomthelela wokudlala. Indlela ayisebenza ngayo, engenzi ukuthemba, ibaluleke kakhulu uma into eyasetshenziswa yayiyindlela yokunciphisa ukukhathazeka. Ukusetshenziswa kwe-intranasal.
Ngingakusiza ngani?	Ukukhuliswa kwe-BDNF; ukuthuthukiswa kwengqondo; ukulungiswa kwedopamine; ukusekela ingxenye yengqondo edumile (prefrontal cortex) - ngqo ekwelapheni "benzo fog" kanye nokulahlekelwa kwamakhono engqondo.	Izizingu izinsuku ezintathu kusukela ngemuva kokuphothulwa.	Ukukhubazeka kwengqondo okubangelwa ukusetshenziswa kwe-benzo kude ngokuyisimiso kulungiswa ngokuswesha kwe-Semax ekusekela ingxenye yangaphambili yombambo enguqulwe yi-BDNF. Lesi siphepha kuyona ephelele kakhulu ekwelapheni "ukufiphala kwe-benzo" - ukuthola amagama, inkumbulo yesikhathi esifushane, umsebenzi wokuhlela. Kusetshenziswa ngendlela yokungena emthonjeni wenguqu.
Epitalon.	Ubunjini obuqondile lokulala; umzila we-pineal; ukuvikelwa kwamathilomela; ukunoma izimpahla zansuku nezempelasonto.	Izingxenye ezingu-1–6 ngemuva kokunciphisa umuthi; bese njengoba kudingeka ngezindlela zokulala.	Ubunjini obuyi-benzo buphinde bubuyele esimweni sayo ngesikhathi eside. I-Epitalon ingavuselela ngqo indlela yomfucuza kanye nobuchule behora lokulala okuyilokho ama-benzodiazepine ayebalungiselela. Ilungele kakhulu ezinyangeni ezimbili zokuqala ngemuva kokunciphisa ukutshalwa

			kwezindlebe, lapho ukuphazamiseka kokulala kubukhulu khona.

Isigaba 5 — Ukulangazelela ama-Benzodiazepine — Ukuqonda nokuvimba.

I-CENTURION - Ukunakekelwa kwe-Benzo 'Okufisela' Kuvame Ukuba Ukukhathazeka - Ukukhathazeka Okufanayo Okulandelwe Yilezi Zindlela.

Umfu wokufuna ama-benzodiazepine uhlukile kuleli zinkomba ngoba umfu onjalo usaboniswa njengento "efunwayo" njengoba kufana nomfu wezinto ezifakelwe noma izinto ezikhuthazayo. Kuhluke kangakanani futhi kubonakala ngokuthi: ukukhathazeka okuba buthukile; ukuphakama kwe-PAWS (Post-Acute Withdrawal Syndrome) okunemiphumela efanayo nokukhathazeka kwangaphambi kokutshiswa kwelayisensi; ukungasizi okubonakala kungaba nzima kakhulu ngaphandle kolwazi; noma umqondo olula futhi onamandla othi 'itabhile elilodwa lingenza lokhu liphele ngokushesha.'

Ukuziqonda kulolu ukuguqulela kubalulekile: awufuni idokotela ngempumela yayo ejabulisayo. Ubufana nokulala kwegeva eliyingozi edokoteleni — futhi ingqondo yakho iyethula isixazululo esiphelele esiyaziwayo. Uhlelo lokuvimbela akulona ukulwa nomkhuhlane. Kunikeza impendulo yokunciphisa ukukhathazeka ngokushesha kakhulu okuthi umzila oqondile kuwaphambilini wokuphatha imithi awenzi msebenzi.

I-Benzo Craving Interrupt - Uhlelo lwemizuzu emi-5.

YENZA LOKHU NGOKUSHESHA UMA ISIGINALI ESITHI "NGINGADAWO YOMUTHI" IQALA.

1. YIBIZA UKUTHINI OKUQHUBEKA. Akushiwo ukuthi 'ngidinga uthishanelo.' Yini isimo esingaphansi? Ukunyuka koxinyezelo? Ithambo le-PAWS? Ukungakwazi ukulala ngo-3 AM? Ukuntuleka kokulala okwandisa yonke into? Ukukhishwa kwezinsimbi (tinnitus)? Ukuphimiswa ngalokho kusihlukanisa isimo nophenyiso.
2. UKUPHILISA KWANGOKU-4-7-8 — IZIKHONDO EZINEZIYISIHLESHI. Akuyona ezine. Eziyisishleshi. Ukujwayela izidakamizwa kanye nomuzwa wokukhathazeka kudinga ukuthuthukiswa okwengeziwe kwengxenye yomzimba egama layo i-"parasympathetic" kunokuthi kungakhathazeka ngendlela ejwayelekile. Izikhondo ezengeziwe zinikeza ukuphumuzwa okwengeziwe ngokusebenzisa ukuthakasela kwe-"vagus nerve". Ungaphuzi leli nqubo noma uyishomise.
3. THATHA I-L-THEANINE engu-400mg kanye ne-MAGNESIUM engu-400mg. Lezi akuyona izinto ezingamunciphisa umthelela—yilezi ezinhle kakhulu ongazisebenzisa ngaphandle kwezindlela zokwelapha. Ukukhululeka kuyiqiniso, nakuba kungaba yindlela elinganiselwe kunokusebenzisa uthishanelo.
4. Nami izinto ezinhlanu engibona:

   * Izindlu

* Imithi
* Ubukhulu bendawo
* Ukukhanya kwelanga
* Izingubo zami

Izinto ezine engithinta ngazo:

* Igumbi lokuhlala
* Isihlalo
* Ithebhile
* Ifoni

Izilimi ezintathu ngiziyizwa:

* Izwi lami
* Umsindo wezimoto
* Umoya

Izimo ezimbili engibuka:

* Ukoma
* Uthuli

Isitofu esisodwa engisasabelo:

* Amanzi

5. THINTANA NOKUXHUMANA. Shayela udokotela wakho uma lesi simo esisha noma esibukhulu kakhulu. Shayela umuntu osekuyisekelayo uma ushada noma unezimpungu ezihlushwa. Shayela u-SADAG: 0800 567 567 uma usengozini. Ukuzimisele kwezinkinga zokwehliswa kwamakhambi ebenzo kwenza ukuba wonke amabhunga afanele kakhulu. Ukuxhumana kuyisixazululo.
6. YENZE UKUSEBENZISA IGABA LAKHO YAMAHLOBO E-GABA. Kusukela kwiSahluko 6: ukuphefumula, amanzi abandayo, ukunyakaza okulula, i-yoga yokululama, i-NSDR. Lezi akuyona izinto ezikhukhiza ukukhuluphala—yilezinye izindlela zokusebenzisa uhlelo lokuthule esilandelwe ngamaphromokhini omuthi.
7. Idokhumenti. Ukugxeka, uhlobo, ububanzi (0-10), ukusebenza, umphumela. Uhlelo lokulangazela/ukukhathazeka lwe-benzo olubhalwe ngamaviki lubonisa ukuxabene kwezinto ezidlalelela, izikhathi zosuku, kanye nezimo ezenzakalazo ezibangela inkinga. Lolu daba lungolwazi olunempilo kakhulu ongafinyeza kudokotela noma kumchwepheshe wakho.

Izimo Ezingozi Kakhulu Zokubuyela Ukusetshenziswa Kwemithi Yebenzodiazepine.

- Izifundo zokuhlushwa okukhulu: Okokuqala ngesikhathi esiyisimiso sokululama, ukuthi umbuzo omkhulu wokuhlushwa ufiwe—ukulahlekelwa umsebenzi, ingxabano ezihlobonhlobeni, ukukhathazeka nempilo. Umphumela womzimba onzulu uyokuba yimithi. Hlela ngaphambi kokufika kwalezi zinkinga. Uzobiza ubani? Yini ongayenza?
- I-PAWS (izimpungu ezinsukile): Izimpungu zesikhathi eside zokwehliswa kwezinto eziyansundu, ezingaba khona ngokushesha futhi zingaguquguquki, yindlela evamile kakhulu yokubuyela emuva kwabantu abazama ukulahlwa kwezintambo (benzo) isikhathi eside. Inyunyo ngayinye kubukeka sengathi ubufakazi bokuthi ukuphithiphithi akulingani. Akulona lokho. Kubuprofetho bokuthi ingqondo ibuyisela ukusebenza kwayo.
- Ukuntuleka kokulala: Ukuntuleka kokulala kwenza ukuba wonke amanqikithi ezenzo zokwehliswa kwezinto ezithile (benzo) abe makhulu futhi yenza ukuthi ukuthathe kulezi zinto kubukeke kulungile. Ukugcina ukulala ngesikhathi yokubuyela esimweni esijwayelekile kuyimbangela ebalulekile, hhayi nje into oyifisayo.
- Ukuthemba kokuvuselela ukubhodi: abantu abaningi abazama ukuphulukisa ekusetshenzisweni kwe-benzo bayasebenza ngezindlela ezithile noma banokufinyelela kumithi ngamabhodi abo adala. Ukuba kwendawo yomuthi kanye nokufinyelela kuyo kubanga eliyingqayizivele lokubuyela ekusetshenzisweni. Xoxa nomdokotela wakho mayelana nendlela efanele yokulungiselela ukugcinwa komuthi onalo.
- Odokotela abasha: Odokotela abangazi ngempumelelo yakho yokululama bangase bacubise izidakamizwa ezithile (benzos noma z-drugs) ukuze bakusize ekukhathazweni noma ekukulaleni, ngaphandle kokwazi ukuthi lokhu kungaba nemiphumela emibi. Yenze okwamanje ngomlando wakho wokululama kuwo wonke odokotela. Uma kungenzeka, gcwalisa incwadi yezempilo yakho ngolwazi olufanele.

Isigaba 6 — Ukwakha i-GABA Yakho: Ubunjiniyela Bokuthula Okwemvelo.

I-CENTURION - Iphepha le-Centurian elingu-C-28 esetshenziswa Ekubuyeni Kwe-Benzo - Uhlelo Olazalwa Nayo.

I-benzodiazepine yanikeza okuthile esikhatini: uhlelo lwezinzwa elilamanzekile, oluyeka ukusebenza. Akulokhu kuyashesha—kuliyeka. Izingxoxo ezisheshayo zaba kuthule. Umzimba wakhululeka. Uhlelo lokubikeza oluqhubekayo lwalukhona, kodwa lwavaliwe. Komuntu ongakaze azizwe lutho ngalutho—okuhlelo lwakhe lwezinzwa elihlale lusebenza kakhulu iminyaka engu-19 ngaphambi kokutholwa kwalo ukwelashwa—lokhu akuyona into ejabulisayo. Kwakuyinto eqinisile.

Umbono we-Recovery Kernel ngalokhu: ukuthi lokho kuyinto yakho ngokwemvelo yomzimba. Uhlelo lwakho lobuluntu lwaklanyelwe ukukhiqiza lokho. Izimo ezikhona lapho lokho kwenziwa kuzo zithile futhi kufundeka. Okwenzekile kwe-benzodiazepines kwakuyokuthi banikeze indlela yezinto ezingokwemithi yokufaka umuntu kuleyo mzini ngaphandle kwalazo izimo—futhi, ngokwenza lokho, bacele uhlelo olungasetshenziswa olungazwakala ukuthi lungakha lezo zimo.

Kulokhu okwakhiwa kuSection 6 yizimo. Ubunjiniwezomfanekiso we-GABA wendalo. Impilo engingena kuyo uhlelo lwakho lobunzima uma uluthule - hhayi ngoba luyavamelana nemithi ukuze luthule, kodwa ngoba selufunde ukukhiqiza uthula.

I-Bhokisipili Yendalo ye-GABA — Yini Eyakha Lona?

Practice	Imiphumela ye-GABA.	Ungayifaka kanjani?	Ngingakwazi ukukusiza ngalokho, kodwa ngicela unikeze imininingwane.
Ukuphefumula ngokungaphaza miseki kwansuku zonke, okuhlanganisa ukukhipha umoya kude.	Kukhulu kakhulu - ukuthinta ngqo inerve yevagus / i-GABA-B / ukuvuselelwa kwezinto ezilawula umzimba; ukwanda okubonakalayo kwe-GABA.	Imizuzu eyi-10 ekuseni, imizuzu eyi-10 kusihlwa, okungenani. Ukuphefumula kwe-4-7-8 noma ukuphefumula okulungile (ukuphefumula okungu-6 ngomzuzu). Njengoba kudingeka nganoma yisiphi isikhathi ukuba khona kwakhulu.	Lokhu akuyona isiphakamiso. Ekuhlelweni kokululama kwe-benzo, ukuphefumula kwansuku zonke kuyindlela esiyinhloko engokomlando yokuzilungisa yohlelo lwe-GABA. Uhlelo oluyi-Protocol 01 kuleli bhukethe lwakhiwe ngalolu hlu lokuphumula. Kuyinto eduze kakhulu nalokho okuyinto i-benzo yangaphakathi—kusebenzisa izindlela ezifanayo zokuthulula ngokusebenzisa ifreyimu eliyodwa lenkampani, kodwa kusetshenziswa ukufinyelela okunye. Kudingeka ukuthi lolu hlelo luyalandelwe kuze kube yilapho lusaba

			njengomthetho obalulekile ongenayo.
Ukuzindla - izimo zokufakwa ngokugcwele.	Kukhulu kakhulu ngokuphrakthise—kufakazelwa ukuthi kwandisa kakhulu ubuciko be-GABA kanye nokuzwela kwezikhathi-mbili ze-GABA-B; ukuqinisiswa kwengxenye yengqondo ekhala.	Dharma Recovery (Iphrothokholi 04), i-MBSR, noma yiluphi uhlelo lokuzimisela lokuqaphela. Okungenani imizuzu engama-20 ngosuku. Qala kancane — qala nemizuzu emi-5 uma imizuzu engama-20 ingakufanele okwamanje.	Ucwaningo mayelana nokuzindla kanye ne-GABA bucace: abantu abazindla njalo ngezinsuku ezinde banamazinga aphezulu kakhulu we-GABA futhi bunciphile ukwethembeka kwe-amygdala ekuxinekisweni. Ibhokisi yezempilo ethi i-benzos iyasebenza kakhulu ekuzulazuliseni ingqondo, ilungele ukuzindla—ukwazi wayo kokugxila ngaphakathi kuzinzuzo. Ukuzindla kuthatha izinyanga ukuze kube nomthelela ogcwele. Qala manje.
Ukuzivocavoca okuhlala kuqhubeka ngokungafundeki.	High - Ukukhiqizwa nokukhishwa kwe-GABA; i-BDNF yokubuyisela amandla engqondo; ukunoma umzila we-HPA; ama-endorphins.	Imizuzu engama-30 kuya kwangu-45, ubunzima obuyisilinganiso, nsuku zonke uma kungenzeka. Ukuhamba, ukubhukuda, ukugijima ngamabhayisikili, ukudlula ngomkhumbi — uhlobo lwesenzo lubalulekile kodwa okubalulekile ukuba uphinde uzenze njalo.	Ukuzivocavuca kwandisa ukukhiqizwa kwe-GABA, kusheshise ukuvikelwa kwe-receptor ye-GABA-A nge-BDNF, kulungiselele i-HPA axis, futhi kukhuthaze ukubuyela komlingo webuchule obangelwe yi-benzo ngasikhathi sinye. Akukho mithi, iphithiphi, noma uhlelo lokuzilungisa oluNgqubuzweni lolu okwenza izinto eziningi ngasikhathi sinye njengokuzivocavuca kwasemoyeni kwansuku zonke. Kuyisisekelo esingahlalelwa sokubuyela kwe-benzo.
Yoga yokulungisa kanye ne-yoga ye-yin.	Phezulu - kukhona ukwanda okubhalwe kwe-GABA ezifundweni; ukuvuselelwa okuqhubekayo kwengxenye yesimo sezimpilo.	Iminyango engu-45 kuya ku-90, izikhathi ezingu-3 ukuya kwezingu-5 ngesonto. Kungokuthi i-yin kanye ne-yoga yokulula - ukuthulela nokubambezeleka kwemigqa kungumkhuba, hhayi ukunyakaza.	Ukukhuliswa kwe-GABA okuvela ekuhleleni i-yoga kulinganiswe futhi kubalulekile. Ngokukhethekile ekululazeni ukuthenga kwezinto ezithintekayo, i-yoga yokululaza inikeza ukuphumuzwa okuthathwa ngu-GABA ngamakhithi omzimba—ukuphumuza okufanayo nalokho okwadalwe ngomuthi. Akuyona ingxenye elinganiselwe yomuthi. Kuyinto enamandla kakhulu yokuzuza umphumela ofanele.
Ukuchitha	Ukunciphisa	Iminyango engaphe	Uhlelo lweSage olukhulu

isikhathi ngendalo - ngokuzimisela futhi njalo.	kwe-cortisol; ukwethembeka kwesimo esiphephile; ukuvuselela amandla.	yansuku zonke ethi imizuzu engama-20 noma ngaphezulu. Indawo eluhlaza, amanzi, umhlaba wonokhuni. Ngaphandle kwefoni uma kungenzeka.	lubheke ukuthi ukugxilwa okungapheli kuthinta kakhulu imvelo yezinzwa eyandile. Ukwehla kwe-cortisol endaweni yendalo kungatholakala ngemizuzu embalwa nje. Kwenkinga yomzimba onamandla ebelisebenzisa izindlela zokwelapha ezintshonalanga ukulawula ukugxilwe kwakhe okukhulu iminyaka, ukuba endaweni yendalo kuyindlela ethule futhi elula kakhulu yokuxhasa uhlelo lwe-GABA.
Ukuchoboza - kancane kancane.	High - ukwaziswa kokuphumula kuqala ngokushesha; ukuthula okuqhubekayo ngemuva kokubandeka; kwenza umuntu abe namakhono okulwa nokugcizelela.	Qala ngamasekhondi ayi-15 wamanzi abandayo esikhunjeni. Khuphula kuze ufike kushawa elwandanweni (amasekhondi angu-30-90). Khuphula futhi ube nokugeleza emanzini abandayo uma uthole ukunakekela (cold plunge) njengoba ubukeka unamandla.	Ukuchoboza kubanga ukuhlomisa umzimba—ukwenza ngcono amandla okubamba imizwa (njengokuba nemizwa enguquko yombili, njengekukhulu kokuphapheme kwegazi, nokunyuka kwezinhliziyo) futhi ubuyele esimweni esijwayelekile ngaphandle kokuba ugulukhelwe. Lesi kuyinto ebaluleke kakhulu ezinkingeni zengcwaso, okwenza ukuthi kusetshenziswe izidakamizwa ezithize (benzodiazepines). Ukuchoboza kubaluleka ekuthuthukiseni lokhu ngokuhleliwe futhi kwakha indlela yezimo eziphathwayini yezengqondo ethi: "Ngingazwa lokhu, kodwa kuzodlula." Le ndlela yizinto ezibalulekile zokuvuka.
Ukudala kanye nokufundwa kokudala.	Ukuziphatha ngendlela efanele kuthuthisa ukusebenza kwe-GABA, okwenza umuntu azizwe upholile; kunikeza ingqondo into yokugxila ekuyikhutha	Umculo, ukubhala, ubuciko bomlingo, ubunjwa, ukupheka - noma yini enza ukuthi uzizwe unamandla futhi ukhuthazekile. Ukuzijwayeza nsuku zonke, ngisho nangokufushane.	Ingqondo yento efanele ukuthuthwa, kodwa idinga ukuxhumana okungokoqobo ukuze ithule—amantathu-benzodiazepine anikeza ukuthula ngokucindezela; ukuzithatha kokuqala kunikeza ukuthula ngokugxilisa. Ingqondo egxile emsebenzini wokudala ayikhulumi ngenguqubuluzi. Lokhu akuyona into yokukhipha ingqondo—kuyindlela yohlelo lwesimo sezulu esebenza kakhulu.

	zayo, okuvimbela ukuphindaphinda kwengxoxo engenabungazi.		

I-Sage Constitution's Long Game.

I-CENTURION - Uhlelo lobuluntu eliluhambisayo manje silufundisa ukuthi lusebenze kahle.

Ingqondo "Sage" eyayihamba ukusetshenziswa kwe-benzodiazepine ayiphuthelwanga. Yiyona ngqondo efanayo eyakha ucwaningo olunzulu, umsebenzi wokudala oqhubekayo, ukuhlaziywa okunemininingwane, kanye nezinto ezithinta imizwa ezinemininingwane kakhulu okuthi ubupilo bomuntu bungakwenza. Umkhawulo wayo ngukushisa okuphumelelayo kohlelo olungasoze luthule ngokugcwele.

Ukululama akushintshi ukwakhiwa komzimba. Ingqondo izohlala inomswakama ophezulu kunokujwayelekile. I-dopamine izohlala ixhashalale kakhulu. Imikhiqizo yengcindezi izohlala inomisindo omude ngaphambi kokuthi i-enzyme ye-COMT iyihlanze. Lena ukwakhiwa komzimba. Akwazi ukushintshwa.

Okukhulungwa ukuthi yini engingashintshwa ngukubambisana nehardware. Umuntu othole iminyaka eminingi ukuthula kwayo kanye nezindlela zokwelapha, manje unethuba lokwakha into okuhlelo lwezokwelapha alungenikezi: ukuthula okufakazelwe. Ukungathathi hlangothi okuvela ekuzimiseni kwezimo ezifanele ukuthula kuze kube yiyo imikhakha ye-nervous system ezenza ngokuzenzakalela.

Lokho kuyindlela ende yomuthi. Kufanele kakhulu kunokwenzelwa ngokusetshenziswa kwemithi. Futhi, kubaluleke kakhulu kulabo abazikhathaza.

Isigaba 7 — Ukuhamba nge-Recovery Kernel: Uhlelo Lwakho.

Fezu	Amakhosi.	Ukugxilisa.	Benzo-specific notes
Ukuqala kokunciphisa umuthi (nendokotela).	Umhlinzeki wezempilo - akuyona i-Compendium kuphela.	Ukwehlisa kancane itheminali ye-Diazepam uma kudingeka; uhlelo lokwelashwa lokuphansi; isimo se-CYP2C19; ukugada kwezokuphepha.	Uhlelo lwe-Recovery Kernel luqala ngempelasonto kusukela ngosuku loku-1. I-magnesium glycinate iqalwa ngokushesha. Ukuzilalela ngokuphefumula kuqala ngokushesha. Izindlela zokuthuthukisa impilo zithuthuka kancane kancane phakathi nezinsuku ezingu-2–4. Lezi yizimo lapho ukwelashwa kwaba lula.
I-Foundation ye-Methylation (Ngempelasonto 1)	Iphrothokholi 18 (ukudla), ukuhlanganiswa kwezinto ezithinta ukubhujwa kusuka kuSahluko 4.1.	5-MTHF, i-methylcobalamin, i-P5P, amafutha - ukwakhiwa kobufuzo bomzimba.	I-5-MTHF eqalwe ngesonto loku-1 ingaba ukuhlomisa okubaluleke kakhulu ekuqaleni ekuhleleni ukukhuphuka kwezinto ezithintekayo (benzodiazepines) — uma ukukhathazeka okuqala kwakuyingxenye yesimo sokungabi nengcebo yokutshushiswa, ukulungisa lokho ngokuqondile kunganciphisa kakhulu ubunzima bomzila wokukhuphuka. Abaningi abantu babika ukuthuthuka okubaluleke ekukhathazekeni ezinsimini ezingu-2–4 kusukela ekuqaleni kokutshisa i-5-MTHF.
Ukubuyiselwa kwe-GABA (ngaso yonke inkathi yokunciphisa).	Protocol 01 (ukuphefumula), Protocol 04 (okucabanga), Isigaba 4.2 salesi khasi.	Ukuphefumula kwansuku zonke, ukuhlanganisa kwezithasiselo ze-GABA, ukuvuma umzimba, ukuqala kokuzindla.	Iphase yokubuyisela i-GABA idlala kuyo yonke indlela yokuya phansi kancane. Ukuzimisela kubaluleke kakhulu kunokuba khona. Ukuphefumula, ukuzivocavoca, kanye ne-stack yokuxhasa i-GABA esetshenziswa nsuku zonke izinsuku eziningi kuyinto eyakha amandla endala ye-GABA ngaphakathi emzimbeni, okwenza ukuthi isinyathelo ngasinye sokwehla kancane kunamathelwe.
Ukubhalwa Kwemali ye-Genome (IzizinsukuzamaSonto 2–6)	Umhlahlano 15 (Incwadi), Ukuhlolwa kwe-CYP2C19.	GABRA2, COMT, MTHFR, CYP2C19 — ukulungiswa kokunciphisa kancane kanye nokuhlelwa kwekhulu le-akhawunti	I-CYP2C19 iyinyanga ephezulu yohlaziyo lwegeni ekubuyiselweni kwe-benzo— ithinta ngqo ukuphepha kokuncishiswa kancane kwe-diazepam. Ukuba umlingo we-GABRA2 uyingozi kubikeza udokotela nomuntu oyisikhathi mayelana nezidingo zokuncishwa

		yobunzulu.	kancane esheshayo kanye nobunzima obukhulu be-PAWS. Hlaziya ngombani uma kungukwenzeka ngaphambi kokuncishwa kancane.
Ubuchwepheshe Bokulawula Ukukhathazeka (kusukela ngempelasonto yesibili kuze kube yaphambili).	Protocol 04, Protocol 11, ukwelashwa ngengqondo ngaphandle noma i-MBSR.	Ukuphefumula ngendlela efanele nsuku zonke; ukuzithuthukisa ngokuzindla; ukuvikela umzimba emanzini abandayo; ukuthintana nomuntu ochwepheshe wokwelapha (CBT).	Ubunjiniwezomlando bokulawula ukukhathazeka kufanele kuhlanganiswe NGESIKATSHAMI lapho kunqunyiwa umuthi, hhayi ngemuva kwalokho. Umuntu oya ekugcineni kwedosi yokugcina yomuthi we-benzodiazepine enezinyanga eziyisithupha zokusipha okunjalo kanye nomkhuba owakhula wokuzindla uyamethulwa kahluke ngempela kunomuntu obilokhu eqala ukunciphisa umuthi kuphela. Yakha lo mboni ngesikhathi sokuncishiswa kwemithi.
Ukululama Kwengqondo (Ngezinyanga ezingu-1 kuya kweziyi-12).	Protocol 03 (ukuqeqeshwa), Protocol 06, Isigaba 4.4 salesi khayiphithi.	Ezivivinyo ze-BDNF; ukufunda okusha; i-Alpha-GPC; i-Lion's Mane; i-DHA.	Ukubuyela ekuziphatheni okuhle ngemuva kokusebenzisa izidakamizwa ze-benzo kakhulu kuyinto ejabulisayo kakhulu empumelelweni—abantu bahluza njalo ukuthi ukucabanga kubukhali, inkumbulo iyanda, futhi ubunzima bomzwelo buyathuthuka ngonyaka wesibili ngemuva kokunciphisa ukusetshenziswa kwe-benzo kunalokho kwakuyiinyanga eziningi zokusetshenziswa kwe-benzo. Le ndlela yokubuyela ekuziphatheni okuhle kufanele idokhumenthiwe. Yobufakazi bokuthi ukuphulukiswa kungenxa yokuphila.
Ukuphathwa kwe-PAWS (ukusuka eziyini ezingu-1 kuya kweyesi-18+).	Iphrothokholi 01 (Isicelo sokuThunyelwa), Ingxenye 5 yalo mbhalo, ukuxhumana nodokotela.	Ukuhlonza izimpungu; ukuphazamisa ukunxweliswa; ukuxhumana nokwesekayo; ukwandisa amasiphuzo ngesikhathi sezimpungu.	I-PAWS ekuhlelweni lokuvuselela ukususwa kwezinto ezithile eziyingozi (benzo) iyindle eside kakhulu futhi engabikezelwe kunazo zonye ezintweni kulolu hlu. Uhlobo lwamaphepha "amawindi nezimpelasonto" lubhalwe futhi liqinisekiswe. Ukuba nemiyalelo yokulwa nokunqunywa ngaphambilini kanye nosizo olusekelayo esilungile ngaphambi kokuza kwalawa maphepha kuyokubalulekile ekuguqulweni kwazo.
Ukwazi kanye	Protocol 20, Protocol 21,	Umpersoni ngaphansi kwe-	Ngenxa yokuxhumana kwe-benzo okubangelwa ukwelashwa, umbuzo

Nokubalulek a (Kusukela eziyinyanga ezingu-3 kuya kwaphezulu) .	C-28	benzo - ukubuyisela ubuwena, inhloso, ubunjiniweka obungenazinkinga esebenza ngokugcwele.	wokuzithuthukisa uhlukile kunezinye izinto: "Ngiyengumuntu owayelashwe futhi ngayenza yonke into kahle, kodwa kwaphela ngigxekeke." Umsebenzi wokuzithuthukisa uyingxenye yokulungisa ukukhathazeka— ukwakha kabusha umuntu njengomuntu okakhulu akuyona ingxube edinga ukuphathwa kwezokwelapha impilo yonke, kodwa inkqubo edinga ukwesekwa okulanele.
I-Lungu Elide (Unyaka 1–3)	Protocol 24, Protocol 25, C-28, C-31	Ubumbano bomhlango; umthetho ka-Sage esetshenziswe ngokugcwele; ingqondo ephuziwe ngokuphelele.	Umuntu oqedela ukululama kwe-benzo—owakhe uhlelo lokuphumula kwansuku zonke, umkhuba wokuzindla, uhlelo lokuzivocavuca, amathuluzi okucabanga, nomphakathi—ungumuntu ohlelo lobunzwa lakhe elikwazi ukulawula ukucindezela ngendlela engcono kunangaphambi kokutholwa kwemithi. Lesi yisithembiso salesi sihlahla: i-boot disk isusiwe. Uhlelo lokusebenza lusebenzisa umshini.

Isigaba 8 - Ilingiso Lokwesekwa Lwezokwelapha.

Ukululama kwe-benzodiazepine kuyindawo yomtholampilo wokwelashwa kokuphazamiseka kwempilo lapho ubuhlobo phakathi komuntu oyisiguli nodokotela obhekana naye buyingozi futhi bunobubudungi kakhulu. Abaningi abantu abanokuphazamiseka okuvela ekwelashweni ngama-benzodiazepine baye bahlosiwe ukuthi izinkathazo zabo azibalulekile, ukunqamuka kwabo kuyahlalelwa, noma isicelo sabo sokunciphisa kancane ithempi lokuphazamiseka kuyenhlanziwe. Le ndawo ihlinzeka ngohlelo lokwelashwa oluyingxenye yezindlela zokuzimela ezithuthukisiwe.

Imithi engemikhakha ye-benzo esetshenziselwa ukukhathazeka ngesikhathi sokululama.

Imithi.	Imisebenzi kanye nenqubangomthelela.	Ukucwaningiswa kwezinto ezibalulekile zombili zezifo kanye nezokwelapha.
Buspirone (Buspar)	I-serotonini 1A, umdlalo oncane; ukunciphisa ukukhathazeka ngaphandle kwindlela ye-GABA-A; ayenzi kokuphoxeka; akubangeli ukulala.	Kuthatha amasonto angu-2–4 ukuze kuzuze ngokuphelele—ayidingeki ukusetshenziswa njengokulungisa izinkinga ezikhudlwana. Kusebenza ngempela njengomdwebo wokunciphisa ukukhathazeka oqale amasonto ambalwa ngaphambi kokuba ukuphansi kuthuthuke. Kushintshwa yi-CYP3A4—hlola ukuxhumana. Abantu abanamafomu "short/short" e-SLC6A4 bavame ukuzwakala ngempumelelo.
SSRIs / SNRIs (ukwelashwa kwezinkinga zokukhathazeka ezisemqoka).	Ukulinganisa isirwashi seroserotoni kanye ne-norepinephrine; kusekelwe ezincwadi zokusetshenziswa kwezokwelapha ekulalisweni kwenkinga yokukhathazeka (GAD), ukungqubuzana, kanye nobudlova obuqinile (PTSD).	Uma ukukhulu kwebuhlungu okokuqala kwadingeka ukusetshenziswa kwe-benzodiazepines, futhi izindlela zokwelapha ezingasetshenziswanga ngamakhithi zinganele, i-SSRIs noma i-SNRIs ziyalandela ukuxazulula isimo esiyisisekelo. Izimo ze-CYP2D6 ne-CYP2C19 zithinta ukukhethwa kanye nokunikezwa kwedosi. Ukuhlolwa kwe-5-MTHF kufanele kuqale ngaphambi kokuzama nge-SSRI - izinhlobonhlobo ze-MTHFR zidala ukuthi umzimba ungaphenduli kumithi ye-SSRI, okuxazululwa ngokwesekelwa kokubunjiswa.
Hydroxyzine (Vistaril)	I-antihistamini ethintayo kakhulu ekukhathazweni;	Ikulungele ukunciphisa ukukhathazeka okubukhulu ngesikhathi sezinkomba ezinzima zokuyeketha. Kukhishwa umthuli

	ayisebenzisi i-GABA; ayenzi ukungcola; iyenza umuntu umane; iyasiza ekulaleni nasekukhangaseleni okujwayelekile.	— sebenzisana kusihlwa noma uma ukuthule kuyamukeleka. Akufanele kusebenze njengomuthi osetshenziswa njalo ekwelapheni ukukhathazeka, kodwa kungaba yindlela engcono yokulapha ukukhathazeka okungaqondakali ngesikhathi esifushane futhi engenzi ukutadela.
Propranolol (ukuvalwa kwe-beta).	Ikhoma imiphumela yama-adrenaline ezindlebeni - yehlisa izimpawu zombili zokukhathazeka (ukushaywa kwehliziyo, ukuntakatha, ukuphunga). Akusebenzisi uhlelo lwe-GABA oluyingxenye yengqondo.	Kuyisixhobo esingasetshenziswa kakhulu ekulaliseni ukukhathazeka ngezinto ezibangelwa umzimba ngesikhathi sokukhipha imithi ye-benzo. Akuhlanganyeli ekukhathazekeni okwengqondo, kodwa kugxile ekuphatheni kwamabhunga omzimba. Ungayisebenzisi kubantu abagulwe kakhulu nge-asthma. I-CYP2D6 iyindlela yokuguqulela imithi emzimbeni.
Pregabalin (isixazululo esiyisiqondiso esincane, ngocingo olukhulu).	Ukulungiswa kweziteshi zekhalijumu ngokusebenzisa imiphumela ye-GABA - kunganciphisa ukukhathazeka nezimpawu zokukotshwa kwemikhuba.	UKHULULEKI: I-Pregabalin ngokwayo idala ukuthemba, futhi kufanele yehliswe kancane uma isetshenziswa. Ukusebenzisa i-pregabalin njengendlela yokunciphisa ukuthemba kwezinto ezithile (benzo taper bridge) kushintsha ithuba lokuthemba elilodwa ngelinye. Abanye ochwepheshe basebenzisa kulo hlobo ngenxa yezimo ezithile. Akuyona into esetshenziswayo okokuqala. Kudingeka ukugadekwa kochwepheshe kanye nohlelo olucacile lokuyiphuma.

Ukukhuthaza ukunakekelwa okufanele.

I-CENTURION - Ingxoxo yodokotela - Uhlelo 13 esetshenziswa ekubuyeni kwezokwelapheka kwe-Benzo.

Incwadi yomthethizo, iPhrothestha 13 (Ingxoxo Nomdokotela Wakho), ibalulekile kakhulu lapha. Izinto ezibalulekile mayelana nokululama kwe-benzo:

- Yilethe i-benzo.org.uk Ashton Manual kuwembulelo yakho. Phrint ekhasini elifanele. Cela udokotela wakho ukuthi afunde uhlelo lokunciphisa ngaphambi kwebungane. Lokhu kusiza ukuthi izingxoxo zibe ezisekelwe kuzincwadi kunokuthi kube ngokombono.
- Ngiqambe ukuthi ngithathe kabanzi izidakamizwa ze-benzodiazepine futhi ngiye ngazithinta ngokomzimba. Ngifisa ukuxoxa ngekhambi lokunciphisa kancane ngaphansi kokugxilwe, esebenzisa uhlaka lwephrothokholi ye-Ashton.

- Uma udokotela wakho uyavuma ukuthi ukuthemba kwe-benzodiazepine akungenzeki uma usetshenziswa ngaphansi kokwelaphe, awutholwa ukunakekelo okulungile. Cela ukuthi ulandiswe kuwudokotela ochwepheshe ezindleleni zokulutha noma udokotela ongumakhalisa onolwazi lokunciphisa kancane umthamo we-benzodiazepine.
- Ngingathanda ukuthi ngenise uvivinyo lwe-CYP2C19 ngaphambi kokuguqulwa ku-diazepam. Lokhu kubalulekile kakhulu futhi kuthinta ukuphepha kwekususa kancane umuthi. Ngifisa ukuqinisekisa ukuthi amadosi okususa kancane afanelele ukusebenza kwami komzimba.
- Qaphela yonke into: gcina amarekhodi ezidose zakho, uhlelo lokunciphisa isilingo, izimpawu, kanye nayo yonke ukuxhumana nomdokotela. Lokhu kukuvikela futhi kunikeza udokotela wakho idatha ayidingayo ukuze athuthukise uhlelo lwakho lokunciphisa isilingo.
- I-Benzodiazepine Information Coalition (benzoinfo.com) kanye nomphakathi i-Benzo Buddies (benzobuddies.org) banikeza ukwesekwa kwabanye abantu kanye nokuthunyelwa kwamadokotela mayelana nokunciphisa kancane utholezi lwe-benzo. Lezi zinsiza zikhona ngoba uhlelo lwemithi lubulale abaningi kulolu hlangothi.

Amagama Yokugcina.

I-CENTURION - Idiski lebhuti lifakiwe ukukusiza. Ukululama kuku funda ukuthi uyisebenzise kanjani ngaphandle kwalo.

Incwadi ethi "Centurian Paper 22" kusukela kulezi zwi: 'Umbuzo awuyi ukuthi Ngingathatha yini imithi? Umbuzo uwuphi: Yimalihla engiphumelela ngayo? Ngaphambi kokuthola umuthi wokuqala, buza: Ngingakhishwa kanjani kulokhu? Uma kunenhlahla, akusho ukuthi ulapha. Kusho ukuthi ugcinwa. Futhi ufilethe okungcono.'

Uma ufunda lo mbuyiselo, kungenzeka ukuthi ube uphilile izinyanga noma iminyaka. Uhlelo lokwaphuma alukuchazwanga. Ukunciphisa kancane umthathi akunikezwene. Ubungcweti bokuthi kwenzekani kumakhandlela wakho e-GABA-A akunikwe. Wanikezwa i-"boot disk" futhi kwathatheliswa ukuthi kuyindlela yokusebenza.

I-Recovery Kernel yakhiwe ngalokhu. Kulowo muntu okuyiyo ukuthemba kwakhe, okungakazimanga ngenxa yokuziphatha kabi kodwa ngenxa yokulandela izeluleko zomsoco. Kulowo muntu okunengxaba engempela futhi eyingcweti, futhi eyayilawulwa ngendlela kuphela ephenda ukusebenza. Kulowo muntu obikwe ukuthi lokho abakubhekana nako akuyona ukunqanyulwa—lapho ubungqingqa bomzimba bucace kakhulu.

Ukwehla kancane ngumzila. Ukuphakeme. Udinga ukubekezela okuningi kuneminye indlela yokululama kulolu hambo. Futhi uholisa endaweni ehlukile kakhulu kunalokho okwenzelwa ngayo imithi. Uhola ku-system yengqondo engenza ukuthula wayo. Ku-mpendulo yokukhathazeka eyandisa futhi yehluka ngaphakathi komkhakha ingqondo idizayinjwe ukuyiphatha. Ku-ukucophelela okwakubangelwa yi-"benzo fog" iminyaka yonke.

Kulezinto ezimangalisa, ezingcono kunazo zonke izindlela zokwelapha.

Idiski yokufundisa liyasuswa. Uhlelo lokusebenza luyazama ukwenza umshini usebenze.

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